

Balance and Fall-Risk Check™

Notice the everyday factors that may make a fall more likely and deserve attention.



CHECK WHAT YOU HAVE NOTICED

This is not a score. A single fall, medication effect or sudden change may be important.

1 FALLS & NEAR-FALLS



- ☐ I have fallen in the past year.
- ☐ I have had two or more falls.
- ☐ I have caught myself or nearly fallen.
- ☐ A fall caused an injury or fracture.

2 STEADINESS & MOVEMENT



- ☐ I feel unsteady when standing or walking.
- ☐ I use furniture or walls for support.
- ☐ I struggle when rising from a chair or using stairs.
- ☐ Fear of falling keeps me from activities.

3 VISION, FEET & FOOTWEAR



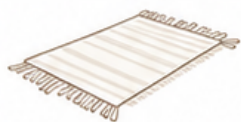
- ☐ My vision has changed or my prescription may be outdated.
- ☐ I have foot pain, numbness or reduced sensation.
- ☐ My shoes feel loose, slippery or unsupportive.
- ☐ Bifocals or changing light make steps harder to judge.

4 HEALTH & MEDICATIONS



- ☐ I experience dizziness, faintness or sudden weakness.
- ☐ I take medicines that make me sleepy or light-headed.
- ☐ I take several medicines or recently changed one.
- ☐ Pain, urgency or another symptom makes me rush.

5 HOME & DAILY ROUTINES



- ☐ I have loose rugs, clutter or cords in walkways.
- ☐ Stairs or nighttime routes are poorly lit.

- ☐ I lack a secure handrail or grab bar where needed.
- ☐ I climb on chairs or reach beyond my balance.



ONE NEW CONCERN:
Make one practical change and mention it at your next appointment.



A FALL OR SEVERAL CONCERNS:
Ask for a fall-risk, medication, vision and mobility review.



FREQUENT FALLS OR MAJOR UNSTEADINESS:
Ask whether physical therapy or a specialized falls assessment is appropriate.



SEEK PROMPT MEDICAL CARE

Get evaluated after a fall involving a head injury, severe pain, a suspected fracture, fainting, new weakness or an inability to bear weight.



• Gentle Reminder •

Falls usually have more than one contributor. Small changes in several areas may work better than focusing on balance alone.



Martine's Midlife Wellness Tip

Notice where you steady yourself without thinking.
That wall, counter or chair may be showing you exactly where support is needed.

