

FALL ASSESSMENT

As we grow older, health changes and some medications can cause falls, but many falls can be prevented.

Check yes or no	No	Yes	What to do if you checked "Yes"
Have you had any falls in the last six months?			Talk with your doctor(s) about your falls and/or concerns. Show this checklist to your doctor(s) to help understand and treat your risks, and protect yourself from falls.
Do you take four or more prescription or over-the-counter medications daily?			Review your medications with your doctor(s) at each visit, and with each new prescription. Ask which of your medications can cause drowsiness, dizziness, weakness or other side effects.
Do you have any difficulty walking or standing?			Tell your doctor(s) if you have any pain, weakness, swelling, or numbness in your legs or feet. Tell your doctor(s) about any difficulty walking to discuss treatment such as physical therapy or treatment by a specialist.
Do you use a cane, walker, or have to hold onto things when you walk?			Ask your doctor for training from a physical therapist to learn what type of device is best for you, and how to safely use it.
Do you have to use your arms to be able to stand up from a chair?			Ask your doctor for a physical therapy referral to learn exercises to strengthen your leg muscles. Exercise at least two or three times a week for 30 min.
Do you ever feel unsteady on your feet, weak, or dizzy?			Your physician may suggest treatment by a specialist or physical therapist to help improve your condition. Review all of your medications with your doctor(s) or pharmacist if you notice any of these conditions.
Has your eye sight and hearing gotten worse?			Schedule a hearing and eye test every two years. Consider hearing aids and glasses and have them adjusted as needed.
Do you usually exercise less than two days a week?			Ask your doctor(s) what types of exercise would be good for improving your strength and balance. Find some activities that you enjoy and people to exercise with two or three days/week for 30 min.
Do you drink any alcohol daily?			Limit your alcohol to one drink per day to avoid falls.
Do you have more than three chronic health conditions?			See your doctor(s) as often as recommended to keep your health in good condition.
			CALL COCOA BEACH FIRE DEPARTMENT COMMUNITY PARAMEDIC PROGRAM FOR A FREE IN-HOME FALL RISK ASSESSMENT. 321-868-3225