

# My Falls-Free Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

As we grow older, gradual health changes and some medications can cause falls, but many falls can be prevented. Use this to learn what to do to stay active, independent, and falls-free.

Check "Yes" if you experience this (even if only sometimes)	No	Yes	What to do if you checked "Yes"
Have you had <b>any falls in the last six months</b> ?			<input type="checkbox"/> Talk with your doctor(s) about your falls and/or concerns. <input type="checkbox"/> Show this checklist to your doctor(s) to help understand and treat your risks, and protect yourself from falls.
Do you take <b>four or more</b> prescription or over-the-counter medications daily?			<input type="checkbox"/> Review your medications with your doctor(s) <b>and</b> your pharmacist at each visit, and with each new prescription. <input type="checkbox"/> Ask which of your medications can cause drowsiness, dizziness, or weakness as a side effect. <input type="checkbox"/> Talk with your doctor about anything that could be a medication side effect or interaction.
Do you have <b>any difficulty walking or standing</b> ?			<input type="checkbox"/> Tell your doctor(s) if you have any pain, aching, soreness, stiffness, weakness, swelling, or numbness in your legs or feet— <b>don't ignore</b> these types of health problems. <input type="checkbox"/> Tell your doctor(s) about <b>any</b> difficulty walking to discuss treatment. <input type="checkbox"/> Ask your doctor(s) if physical therapy or treatment by a medical specialist would be helpful to your problem.
Do you use a <b>cane, walker, or crutches</b> , or have to hold onto things when you walk?			<input type="checkbox"/> 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 <b>use your arms to be able to stand up from a chair</b> ?			<input type="checkbox"/> Ask your doctor for a physical therapy referral to learn exercises to strengthen your leg muscles. <input type="checkbox"/> Exercise at least two or three times a week for 30 min.
Do you ever feel <b>unsteady on your feet, weak, or dizzy</b> ?			<input type="checkbox"/> Tell your doctor, and ask if treatment by a specialist or physical therapist would help improve your condition. <input type="checkbox"/> Review all of your medications with your doctor(s) or pharmacist if you notice <b>any</b> of these conditions.
Has it been <b>more than two years since you had an eye exam</b> ?			<input type="checkbox"/> Schedule an eye exam every two years to protect your eyesight and your balance.
Has your <b>hearing gotten worse with age</b> , or do your family or friends say you have a hearing problem?			<input type="checkbox"/> Schedule a hearing test every two years. <input type="checkbox"/> If hearing aids are recommended, learn <b>how</b> to use them to help protect and restore your hearing, which helps improve and protect your balance.
Do you usually <b>exercise less than two days a week</b> ? (for 30 minutes total each of the days you exercise)			<input type="checkbox"/> Ask your doctor(s) what types of exercise would be good for improving your strength and balance. <input type="checkbox"/> Find some activities that you enjoy and people to exercise with two or three days/week for 30 min.
Do you drink <b>any alcohol</b> daily?			<input type="checkbox"/> Limit your alcohol to one drink per day to avoid falls.
Do you have <b>more than three chronic health conditions</b> ? (such as heart or lung problems, diabetes, high blood pressure, arthritis, etc. Ask your doctor(s) if you are unsure.)			<input type="checkbox"/> See your doctor(s) as often as recommended to keep your health in good condition. <input type="checkbox"/> Ask your doctor(s) what you should do to stay healthy and active with your health conditions. <input type="checkbox"/> Report any health changes that cause weakness or illness as soon as possible.

The more "Yes" answers you have, the greater your chance of having a fall. **Be aware of what can cause falls, and take care of yourself to stay independent and falls-free!**