

# Finding Balance

Anyone can fall, but as we age the risk increases. Take steps to prevent a fall. Answer this checklist to see if you are at risk of falling.

	Yes	No
1. Have you had a slip, trip or fall in the past year? If yes, where? _____	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you stopped doing daily activities because you were afraid of falling?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you feel your muscles are weaker or is it hard to get up from a chair or toilet?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever have trouble walking or do you feel unsteady on your feet?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you feel dizzy when you stand up?	<input type="checkbox"/>	<input type="checkbox"/>
6. Has it been more than 1 year since your doctor or pharmacist has reviewed your medications?	<input type="checkbox"/>	<input type="checkbox"/>
7. Has it been more than 1 year since you had your eyes checked?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you experience urine leakage or have to hurry to make it to the bathroom in time?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered YES to One (1) or more questions, you may be at risk of a fall. Read the tips on the back to stay safe.

For information on how you can prevent having a fall:

- Speak to your doctor or health care provider
- Call Elgin St. Thomas Public Health at 519-631-9900 or Toll-Free at 1-800-922-0096
- Or email: [fallsprevention@elginhealth.on.ca](mailto:fallsprevention@elginhealth.on.ca)

# Tips to Reduce Your Risk of Falling

If you answered “yes” to the checklist questions, here are some tips to help reduce your risk of falling.

1. Once you have fallen, you are likely to fall again. Take steps to prevent a fall. Talk to your health care provider about your fall.
2. Fear of falling may be a natural reaction after you have a fall. Daily exercise and activity can help you stay strong, healthy and independent.
3. Weak muscles can put you at risk of falling. Talk to your health care provider about the activity that is best for you.
4. Shuffling your feet or walking off balance can cause you to fall. A health care provider can assess your muscle strength, balance and how you walk.
5. There are many causes of dizziness, including some medications. It is important to tell your doctor if you feel dizzy or faint.
6. Getting your medications reviewed every year is a good idea to make sure you are taking the medications you need.
7. Problems with your vision or with your glasses can make it hard to see things you might trip over. Have your eyes checked every year.
8. Rushing to the toilet can be risky. Keep the path to the washroom well-lit and free of clutter. Talk to your doctor about ways to help manage leaking urine.

For more information on Tips to Prevent a Fall, please go to

[www.elginhealth.on.ca/FallsPrevention](http://www.elginhealth.on.ca/FallsPrevention)

or [www.findingbalanceontario.ca](http://www.findingbalanceontario.ca)

