

FALL RISK SELF-ASSESSMENT

As we grow older, gradual health changes can cause falls, but many falls can be prevented. This quick self-assessment will help you determine your risk of falling. Answer Yes or No to each of the questions below. **The more Yes answers you have, the greater your chance of having a fall.**

1. Have you fallen in the last 6 months?
2. Do you have difficulty transitioning from sit to stand?
3. Do you have difficulty walking on uneven surfaces?
4. Do you have difficulty walking up or down steps?
5. Do you use a walker or cane or do you have to hold onto things when you walk?
6. Do you ever feel unsteady, weak or dizzy?
7. Do you get up regularly at night to use the bathroom?
8. Do you have a chronic health condition?
9. Do you take multiple medications?
10. Are you afraid that you are going to fall?

If you answered Yes to ANY of these questions, you should discuss your fall risk potential with your doctor. Be aware of what can cause falls and take care of yourself to stay independent and fall-free. For additional information, please contact us regarding our **Balance and Fall Prevention Program** at one of our convenient locations.

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