






# “Red Flags” Symptom Exacerbation: Falls Prevention Tool

## Preventing falls at home

A fall is when you end up on the ground or at a lower level without meaning to.

	 Green zone You are in control.	 Yellow zone Take action today. Call: _____ 	 Red zone Take action now! Call: _____ 
<b>Did I lose my balance today?</b>	I have no loss of balance.	I lost my balance and: <ul style="list-style-type: none"> <li>• Stumbled or staggered</li> <li>• Needed to hold on to something</li> <li>• Fell into my chair</li> </ul>	I fell today.
<b>Do I feel dizzy or light-headed?</b>	I do not feel dizzy or light-headed.	I feel dizzy or light-headed when I move.	I feel so dizzy or light-headed that I could faint.
<b>Do I feel weak?</b>	I do not feel weak.	I need more help than normal to: <ul style="list-style-type: none"> <li>• Get out of bed</li> <li>• Stand up</li> </ul>	I am too weak to do anything for myself.
<b>Can I see clearly?</b>	I see clearly.	I do not see as well: <ul style="list-style-type: none"> <li>• I bump into things</li> <li>• I stopped reading or watching TV</li> <li>• I need lights on to see</li> </ul>	I see double. I am starting to trip over: <ul style="list-style-type: none"> <li>• Rugs</li> <li>• Changes in flooring</li> <li>• Things in my path</li> </ul>
<b>Am I worried about falling:</b> <ul style="list-style-type: none"> <li>• At home?</li> <li>• Away from home?</li> </ul>	I am not worried about falling.	I am worried so I: <ul style="list-style-type: none"> <li>• Walk less</li> <li>• Drink less to avoid using the bathroom</li> <li>• Stay at home</li> </ul>	I am so worried that I will not get up on my own.

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## My plan for preventing falls at home

### Things I can do to prevent falling:

- **Take my time and be aware:**
  - Stand up slowly
  - Make sure I use my cane or walker correctly
  - Wear good-fitting shoes
- **Make my home safe:**
  - Remove things on the floor that may cause me to trip
  - Light up my path at night
  - Add grab bars and railings
- **Stay healthy:**
  - Ask my doctor for an exercise program
  - Have my eyes and ears checked each year
  - Eat healthy and drink water
- **Talk to my care team or doctor:**
  - Tell them if I fall or worry about falling
  - Speak up if my medicine makes me feel dizzy or light-headed
- **Other ideas:**
  - Consider a medical alert system

### How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.

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