



CORNERSTONE VNA
HOME • HEALTH • HOSPICE

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Fall Risk Assessment

Check your risk for falling	Yes	No	Why it matters
1. Have you fallen in the past 6 months?	<input type="checkbox"/>	<input type="checkbox"/>	People who have fallen once are more likely to fall again.
2. Do you have difficulty or dizziness getting up from a chair?	<input type="checkbox"/>	<input type="checkbox"/>	This is a sign of poor balance
3. Do you have difficulty picking objects up from the floor?	<input type="checkbox"/>	<input type="checkbox"/>	This is a sign of weak leg muscles.
4. Do you take 4 or more medications?	<input type="checkbox"/>	<input type="checkbox"/>	Side effects from medication can increase risk of falling.
5. Have you noticed a decrease in hearing or vision?	<input type="checkbox"/>	<input type="checkbox"/>	Increase your risk for falling.
6. Are you worried about falling?	<input type="checkbox"/>	<input type="checkbox"/>	People who are worried about falling are more likely to fall.
7. Have you been advised to use a cane or a walker?	<input type="checkbox"/>	<input type="checkbox"/>	This is a sign of poor balance or weak leg muscles.
8. Do you steady yourself by holding onto furniture?	<input type="checkbox"/>	<input type="checkbox"/>	This is a sign of poor balance.
9. Do you often have to rush to the toilet?	<input type="checkbox"/>	<input type="checkbox"/>	Rushing to the bathroom, especially at night, increases your chance of falling.
10. Do you have a chronic medical condition or neurological problem?	<input type="checkbox"/>	<input type="checkbox"/>	Fatigue or numbness in your feet can cause increase risk for falls.

Total "Yes" answers _____

Add a point for each "yes" answer. If you scored 4 or more points, you may be at risk for falling.



Home Safety Falls Checklist

General

- ☐ Keep a cell phone or portable phone near you at all times
- ☐ Remove clutter from pathways
- ☐ Remove scatter rugs and secure down carpets and larger area rugs
- ☐ Have adequate lighting in your home

Stairs

- ☐ Remove objects and clutter from stairs
- ☐ Secure carpeting on stairs
- ☐ Secure and install railings

Kitchen

- ☐ Have everyday items used within reach
- ☐ Electrical cords off the floor
- ☐ Clean up spills on the floor

Bathroom

- ☐ Is there appropriate toilet seat and grab bars around the toilet
- ☐ Do you have grab bars in your shower
- ☐ Are everyday used items within reach

Bedroom

- ☐ Clear pathway to bedside
- ☐ Nightlights to access bathroom
- ☐ Bedside table for a nightlight and phone