Four Things You Can Do to Prevent Falls:

1 Speak up.

Talk with your healthcare provider about fall prevention and have your medications reviewed.

2 Keep moving.

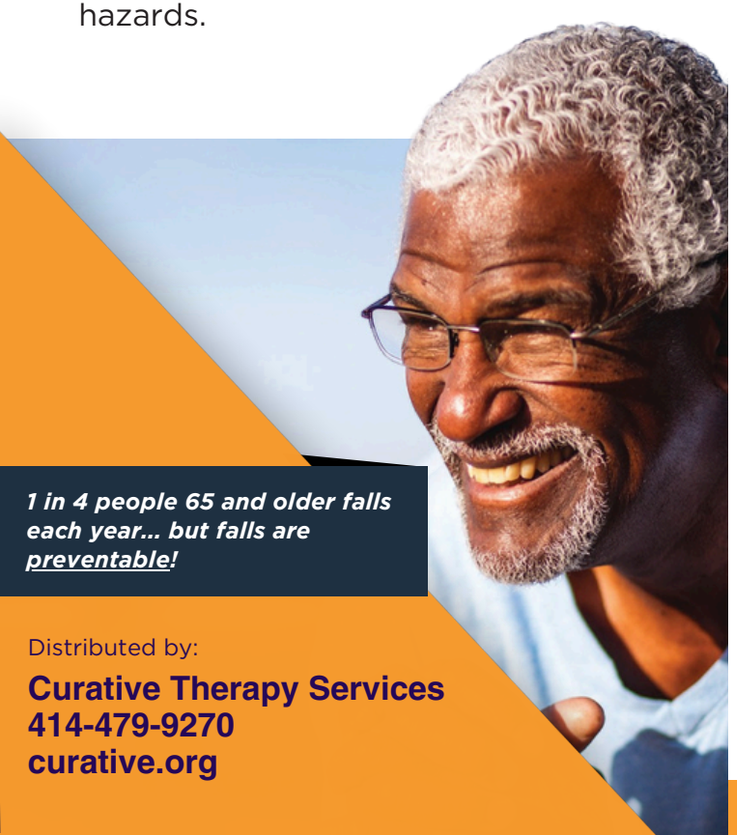
Begin an exercise program to improve your leg strength and balance.

3 Get an annual eye exam.

Replace eyeglasses as needed.

4 Make your home safer.

Remove clutter and tripping hazards.



1 in 4 people 65 and older falls each year... but falls are preventable!

Distributed by:

Curative Therapy Services
414-479-9270
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Curative Therapy Services
Dedicated to Helping People Thrive

Scan Here to Learn More!

About Us.

Curative Therapy Services uses the CDC's evidence-based STEADI framework in our comprehensive **Safe Aging Program**, helping older adults identify and reduce fall risks, improve strength and balance, and maintain their independence and confidence in everyday life.

Call us at **414-479-9270** for information on fall prevention.

For more information, visit www.cdc.gov/steadi

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence.

Centers for Disease Control and Prevention National Center for Injury Prevention and Control

Stay Independent

Learn more about fall prevention.



STEADI
Stopping Elderly Accidents, Deaths & Injuries

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side eff ects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

Total _____

Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor or **call Curative Therapy Services at 414-479-9270** to learn about our **Safe Aging Fall Prevention Program.**

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affi liates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499). Adapted with permission of the authors.