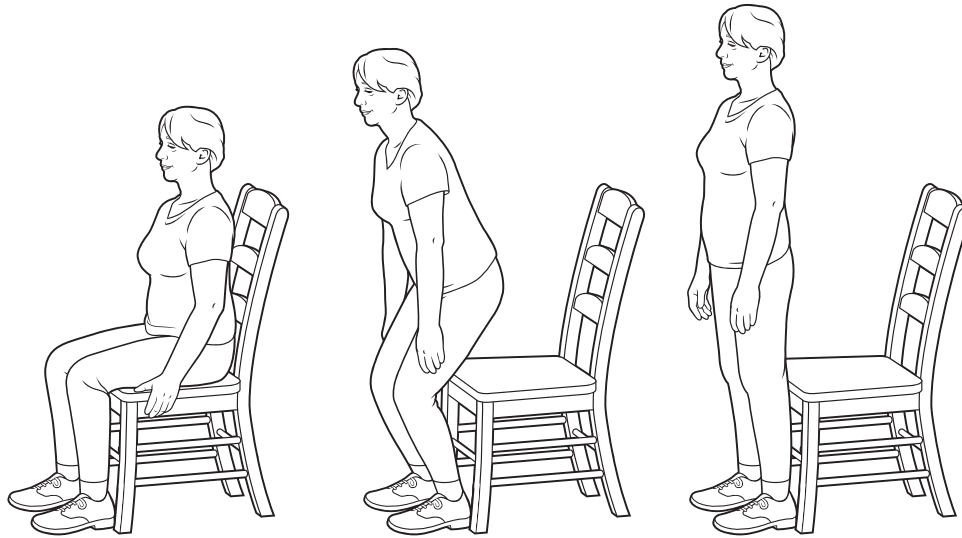


Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.		
Yes (2)	No (0)	I have fallen in the last 6 months
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home
Yes (1)	No (0)	I am worried about falling
Yes (1)	No (0)	I need to push with my hands to stand up from a chair
Yes (1)	No (0)	I have some trouble stepping up onto a curb
Yes (1)	No (0)	I often have to rush to the toilet
Yes (1)	No (0)	I have lost some feeling in my feet
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood
Yes (1)	No (0)	I often feel sad or depressed
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.	

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



Chair Rise Exercise

What it does: Strengthens the muscles in your thighs & buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent & feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back & neck straight & chest slightly forward.
3. Breathe in slowly. Lean forward & feel your weight on the front of your feet.
4. Breathe out & slowly stand up, using your hands as little as possible.
5. Pause for a full breath in & out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10–15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer & work up to this number.

Rest for a minute & then do a final set of 10–15.

