

# Rate Your Risk Quiz

## 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

**Why It Matters** 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

**Why It Matters** 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

**Why It Matters** 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

**Why It Matters** This is also a sign of poor balance

Yes (1) No (0) I am worried about falling

**Why It Matters** 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

**Why It Matters** 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

**Why It Matters** This is also a sign of weak leg muscles

Yes (1) No (0) I often have to rush to the toilet

**Why It Matters** Rushing to the bathroom, especially at night, increases your chance of falling

Yes (1) No (0) I have lost some feeling in my feet

**Why It Matters** 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

**Why It Matters** Side effects from medicines can sometimes increase your chance of falling

Yes (1) No (0) I take medicine to help me sleep or improve my mood

**Why It Matters** These medicines can sometimes increase your chance of falling

Yes (1) No (0) I often feel sad or depressed

**Why It Matters** 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 quiz with your doctor.

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