



 Am I at risk of falling? 

	Answer yes OR no to each of the questions below.	YES	NO
1.	Have you had a fall or stumble in the past 6 months? <i>Having a fall in the past increases your chance of falling again.</i>		
2.	Do you do less than 30 minutes of physical activity a day?		
3.	Do you find it difficult to get up from the chair, or once you are up, do you have trouble walking? <i>Many falls happen due to weak muscles and poor balance.</i>		
4.	Are you taking 3 or more medicines? <i>Some side effects and medicines taken together can increase your risk of a fall.</i>		
5.	Are you taking sleeping pills, sedatives, or antidepressants?		
6.	Has it been more than 6 months since your doctor or pharmacist reviewed your medicines?		
7.	Do you have diabetes, arthritis, or Parkinson's disease? <i>Many health problems can increase your risk of falling.</i>		
8.	Have you had a stroke or do you have problems with your heart or circulation?		
9.	Has it been more than 12 months since your eyes were tested or your glasses checked by the eye doctor?		
10.	Are there times when you are dizzy, light headed, unsteady, drowsy, or have blurred or double vision?		

If you answered "yes" to one or more of these questions you are at risk of falling.  
 The good news is that there is something you can do to reduce your risk.  
 Take control of your safety.  
 Learn more about the *"Top 10 list to keep you one step ahead of falls"!*

