

## Preventing Falls at the Hospital

- **Staff are here to help!** Let us know if you:
  - Are fasting.
  - Have ever fallen or fainted during a procedure.
  - Feel weak or shaky when you walk.
  - Use a cane or a walker.
- Use your call bell and ask staff for assistance in moving around.
- Wear nonslip footwear.

## Preventing Falls at Home

- Keep your floors and pathways clutter-free.
- Remove throw rugs.
- Install grab bars in the bathroom.
- Use handrails and turn on lights on all staircases.
- Wear non-slip and supportive footwear inside and outside.
- Move slowly when standing or sitting down.

## Health Tips for Preventing Falls

- Review medications with your healthcare provider or pharmacist, and discuss any side effects such as feeling dizzy or sleepy.
- Have your eye health and hearing checked routinely.
- Stay connected through social activities.
- Drink water regularly to prevent dizziness and weakness.
- Eat meals and snacks during the day. Missing meals can affect your balance and strength.
- Keep moving with activities like walking, swimming, or Tai Chi to improve strength, flexibility, and coordination.

**For more fall prevention information and resources, visit:**

**[WRH.on.ca/FallPrevention](http://WRH.on.ca/FallPrevention)**

**COMPASSION** is our  
**PASSION**

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For information about the new  
Windsor-Essex Hospital System  
[www.windsorhospitals.ca](http://www.windsorhospitals.ca)

# Are You at Risk of Falling?



OUTSTANDING CARE—NO EXCEPTIONS!

## Are you at risk of falling?

Falls are the number one cause of injury for seniors in Canada. What's your risk level?

Circle YES or NO for each statement, then tally your score.	2 pts	0 pts	Steps to lower your risk of falling
Have you fallen in the last 6 months?	YES	NO	Learn more about how to lower your fall risk to prevent yourself from falling again.
Do you use, or have you been advised to use, a cane or a walker to get around safely?	YES	NO	Talk with a physiotherapist or occupational therapist to get the best walking aid for your needs.
Do you sometimes feel unsteady when you are walking?	YES	NO	Exercise to improve your strength and balance.
Do you have to steady yourself by holding onto furniture when walking at home?	YES	NO	Talk with a physiotherapist for exercises to improve your balance.
Do you worry about falling?	YES	NO	Talk to your healthcare provider if you are worried about falling, especially if it stops you from being active.
Do you need to push yourself up with your hands to stand up from a chair?	YES	NO	Do 30 minutes of physical activity 5 days a week. Strengthening your muscles can reduce your risk of falling.
Do you have trouble stepping up onto a curb?	YES	NO	Be active to improve strength and balance.
Do you often have to rush to the toilet?	YES	NO	Talk with your doctor or healthcare provider about managing the need to rush to the toilet.
Have you lost any feeling in your feet?	YES	NO	Talk with your podiatrist or doctor because numbness in your feet can cause a fall.
Do you take medication to help you sleep or improve your mood?	YES	NO	Review your medications, vitamins, and supplements with your pharmacist or doctor yearly, or if your prescription changes.
Do you take medication that sometimes makes you feel light-headed or more tired than usual?	YES	NO	Talk to your healthcare provider or doctor about medication side effects or causes of light-headedness.
Do you often feel sad or depressed?	YES	NO	Talk to your healthcare provider or doctor about how you are feeling.
Do you have difficulty avoiding hazards in your path because you don't see well?	YES	NO	Visit an eye doctor yearly to check your eye health.

Add up the number of points for each YES answer. **Total Score:** \_\_\_\_\_

**If you scored 4 points or more, you may be at risk of falling. Talk to your healthcare provider or doctor for more information.**

Source: Rubenstein LZ, Vivrette R, Harker JO, Stevens JA, Kramer BJ. Validating an evidence based, self rated fall risk questionnaire (FRQ) for older adults. *J Safety Res* 2011;42(6):493-499