

Agility Course Assessment Card

Name:

Age:

Test	Score	Assessment based on Average

Comments:

Tips to Prevent Falls:

Find a good balance/exercise program

Talk to your health care provider about your risk for falling

Regularly review your medications with your doctor

Get annual vision and hearing checks

Remove home falling hazards

Talk to your family members about supporting a safe environment

<http://www.svhap.org/evidence-based-programs/falls-prevention-program/>

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