

Falls Prevention Questionnaire

FLOORS: Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture?

Q: Do you have throw rugs on the floor?

Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

Q: Are there papers, shoes, books, or other objects on the stairs?

Q: Are some steps broken or uneven?

Q: Are you missing a light over the stairway?

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?

Q: Has the stairway light bulb burned out?

Q: Is the carpet on the steps loose or torn?

Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

KITCHEN: Look at your kitchen and eating area.

Q: Are the things you use often on high shelves?

Q: Is your step stool unsteady?

BATHROOMS: Look at all your bathrooms.

Q: Is the tub or shower floor slippery?

Q: Do you need some support when you get in and out of the tub or up from the toilet?

BEDROOMS: Look at all your bedrooms.

Q: Is the light near the bed hard to reach?

Q: Is the path from your bed to the bathroom dark?

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use light color paint on dark wood.

Other Safety Tips

Keep emergency numbers in large print near each phone.

Put a phone near the floor in case you fall and can't get up.

Think about wearing an alarm device that will bring help in case you fall and can't get up.