



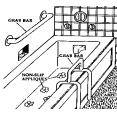




My Fall Risk Assessment

Participant Name

Study ID

Date

Risk Factor	Why Does It Matter?	Is this a risk for me?	Is this a priority for me?	Comments
Changes in leg strength, balance and/or walking 	People with decreased leg strength and changes in balance and/or gait are more likely to trip, slip and fall.	Yes No	Yes No	“undecided” “active plan in place”
Medications 	Medications that cause lightheadedness or tiredness (e.g., sleeping pills) can increase the likelihood of falling.			
Postural Hypotension 	Postural hypotension, or a drop in blood pressure when a person changes positions, increases the chances of falling.			
Feet Footwear 	Problems with feet, footwear can make it more difficult to walk.			
Home Environmental hazards 	Objects on the floor, loose throw rugs, low lighting, and not having hand rails can increase the likelihood of tripping, slipping, and falling.			
Risk of Osteoporosis 	Osteoporosis, or fragile bones, increases the chances of injury during or after a fall.			
Vitamin D supplements	People who do not take Vitamin D supplements are more likely to fall and have an injury.			
Vision problems 	Problems with vision can lead to missteps.			