

WE CARE ABOUT *Your* SAFETY



You may be at *risk for falling* in the hospital based on your medical history, current medical condition, and/or the medications you are taking.

TO HELP REDUCE YOUR RISK OF FALLING:



**Ask for help
before you move.**

Use your call button to ask for help before getting out of bed or standing up from a chair, even if you feel okay.



**Sit in a chair
for meals.**

Sit up in a chair during mealtimes. Getting out of bed can help keep your muscles strong and prevents weakness.



**Ask for help
when someone
is in the room.**

Ask family, friends, or healthcare team members to place anything you might need within your reach before they leave the room (water, glasses, phone, etc).



**Don't wait until
it's urgent.**

Call for help if you feel like you might need to use the bathroom soon. Do not wait until it is urgent. Most falls happen when people wait too long and rush to the bathroom.

Check Your Risk for Falling

| Circle "Yes" or "No" for each statement below | | Why it matters | |
|---|--------|---|--|
| Yes (2) | No (0) | I have fallen in the past year. | People who have fallen once are likely to fall again. |
| Yes (2) | No (0) | I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall. |
| Yes (1) | No (0) | Sometimes I feel unsteady when I am walking. | Unsteadiness or needing support while walking are signs of poor balance. |
| Yes (1) | No (0) | I steady myself by holding onto furniture when walking at home. | This is also a sign of poor balance. |
| Yes (1) | No (0) | I am worried about falling. | People who are worried about falling are more likely to fall. |
| Yes (1) | No (0) | I need to push with my hands to stand up from a chair. | This is a sign of weak leg muscles, a major reason for falling. |
| Yes (1) | No (0) | I have some trouble stepping up onto a curb. | This is also a sign of weak leg muscles. |
| Yes (1) | No (0) | I often have to rush to the toilet. | Rushing to the bathroom, especially at night, increases your chance of falling. |
| Yes (1) | No (0) | I have lost some feeling in my feet. | Numbness in your feet can cause stumbles and lead to falls. |
| Yes (1) | No (0) | I take medicine that sometimes makes me feel light-headed or more tired than usual. | Side effects from medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I take medicine to help me sleep or improve my mood. | These medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I often feel sad or depressed. | Symptoms of depression such as not feeling well or feeling slowed down, are linked to falls. |

Total

Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your healthcare provider.

To check your risk online, visit: www.bit.ly/3o4RiW8

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499). Adapted with permission of the authors.