

# Falls Risk: A Self-Assessment

**Note to Healthcare Professionals:** A medical alarm is an integral part of any Falls Management Program. Lifeline has designed the following self-assessment tool to help identify patients who are at-risk for falls. Patients can fill the survey out by themselves or with the assistance of a healthcare professional or caregiver.

To find out if you are at risk for falls, answer the questions below.

QUESTIONS:	YES	NO	SCORE
Do you have a history of falling?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Do you experience dizziness and/or have trouble keeping your balance?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Is walking difficult due to muscle weakness, stiff joints, or foot problems?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Are you on more than three medications?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Do you have problems with your vision?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Do you make frequent or hurried trips to the bathroom?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Have you put off dealing with household hazards, such as poor lighting, slippery floors, throw rugs, lack of grab-bars, etc?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Is fear of falling making you less physically active and reducing your social activity?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Are you experiencing problems with concentration, depression, or isolation?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Do you consume alcohol more than occasionally?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
If you were to fall, would you be alone and possibly unable to summon help?	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
<b>TOTAL RISK POINTS</b>			<input style="width: 50px; height: 20px;" type="text"/>

**IMPORTANT NOTE:** This self-assessment is useful in identifying the need for a medical alarm, but every situation is unique, so if you have any particular concerns, contact a trusted health professional.

**What your score means:**

“YES” answers suggest a specific area of risk that needs to be addressed. The higher your score, the higher your level of risk of falling.

**If you are at risk for falls, Lifeline can help.  
Thousands of Canadians like you  
live more independent and active lives with Lifeline.**

**To find out more about how Lifeline works –  
see the illustration on the back of this sheet or call**

**PHILIPS**  
**Lifeline**

[www.lifeline.ca](http://www.lifeline.ca)

