

FALL RISK ASSESSMENT

Risk Factor	Why Does It Matter ?	Is This a Risk for Me ?
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.	
Medications	Medications that cause lightheadedness or tiredness (e.g., sleeping pills) 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.	