

## *The Facts about Falling:*

- Falling is one of the greatest fears among seniors.
- One in three older adults living at home falls each year (this considers only those falls that result in reported medical care).
- Falling is a cause in 70 % of accidental deaths among people 75 years of age and higher.
- Falling causes \$70 billion in medical costs each year.
- The human costs are even greater, as individuals, caregivers and families are all impacted by a fall.
- Falling is a catalyst for 40 % of all nursing home admissions.
- Fear of falling leads to lost confidence and increased inactivity.
- Most falls could have been prevented.

## *What You Can Do*

Consider the following ways to reduce your risk of falling at home.

- Tell your healthcare provider if you have fallen in the last year and describe how you fell.
- Talk to your doctor and pharmacist about medications you take.
- Tell your healthcare provider if you feel weak in your legs or have other problems with your legs or feet.
- Tell your doctor if you are experiencing vision or hearing loss.

**CALL 702-564-2979 and receive:**

**FREE Risk Assessment Interview** to help you minimize your risk of falling.

**FREE Home Safety Inspection** to assess overall safety in your home - things such as lighting, flooring and furniture placement.



[www.legacyInHomeCare.com](http://www.legacyInHomeCare.com)

## *Your Guide to Fall Prevention*



**HOW TO PREVENT  
ONE OF THE MOST  
CATASTROPHIC  
EVENTS IN THE  
LIFE OF A SENIOR.**



## Why do we fall?

One of the greatest fears among senior citizens is the fear of falling. This fear is not an irrational fear. Falling is a primary catalyst for hospital admissions among seniors. Many of the seniors admitted to a hospital after a fall, never go home. In fact, falls are responsible for over 40 % of nursing home admissions. Even worse, 70 % of accidental deaths in people over 75 years of age are caused by falls. Falling can be caused by many factors. Some are internal, such as slowed reflexes, balance disorders, low blood pressure, visual deficits, etc. Other causes are external factors such as poor lighting or the effects of medications. Some of these reasons are not particular to seniors. In fact, younger people also fall, but the consequences of falling are much less severe for younger people.

## What can you do?

There is much that can be done to prevent debilitating falls. The first step is to make an honest assessment of the risk you have. The self-assessment in this brochure is a great way to start. If you score higher than a six (6) on the self-assessment, then you should take advantage of our FREE Risk Assessment Interview. This interview is conducted in your home, with your family present. Included with the interview is a Home Safety Inspection. Based on the assessment we will recommend a course of action.

## Fall Risk Self-Assessment

This questionnaire is intended to provide you with an indication as to your level of risk for having a debilitating fall. In each section, assess yourself based on the options provided and then simply fill in the score for the option you've chosen in the space on the right. After scoring each section, add all of the numbers up for a total. It is suggested that you take advantage of the FREE Risk Assessment Interview if you have scored six (6) points or higher.

		<b>SCORE</b>
<b>AGE</b>	60-70 YEARS .....	<b>1</b>
	71-80 YEARS .....	<b>2</b>
	81 YEARS AND UP .....	<b>3</b> _____
<b>HOSPITALIZED IN THE PAST 12 MONTHS</b>		
	YES .....	<b>1</b>
	NO .....	<b>0</b> _____
<b>MENTAL ACUITY</b>	FORGETFUL .....	<b>1</b>
	IMPULSIVE .....	<b>2</b>
	DISORIENTED .....	<b>3</b> _____
<b>GATE &amp; MOBILITY</b>	FREE OF CHALLENGES.....	<b>0</b>
	USES CANE/WALKER .....	<b>1</b> _____
<b>LOSS OF BALANCE/WEAKNESS</b>		
	OCCASIONALLY .....	<b>1</b>
	OFTEN .....	<b>2</b>
	FALL IN LAST 3 MONTHS .....	<b>3</b> _____
<b>ELIMINATION</b>	SENSE OF URGENCY .....	<b>1</b>
	REQUIRE ASSISTANCE .....	<b>2</b>
	INCONTINENCE .....	<b>3</b> _____
<b>MEDICATIONS</b>	Currently taking antidepressants or medications that may impair thought process, cause vertigo, lower blood pressure, cause central nervous system alterations. ....	<b>1</b>
	Laxatives or diuretics .....	<b>2</b> _____
	<b>TOTAL POINTS</b> .....	_____

**0-5 Points = Low Risk    6-8 Points = Moderate Risk    8+ Points = High Risk**