

Risk for Falling Checklist

This tool can be used by direct support professionals (DSPs) to complete for each individual they support. Please circle "Yes" or "No" for each statement below. **Each "yes" might be worth one or two points.** Then add up the number points for each "yes" answer in the "TOTAL" blank.

#	Statement	Yes (✓)	No (✓)	Yes Points	Why It Matters
1	They have fallen in the past year.			2	People who have fallen once are likely to fall again.
2	They use or have been advised to use a cane or walker to get around safely.			2	People who have been advised to use a cane or walker may already be more likely to fall.
3	Sometimes they feel unsteady when walking.			1	Unsteadiness or needing support while walking are signs of poor balance.
4	They steady themselves by holding onto furniture when walking at home.			1	This is also a sign of poor balance.
5	They are worried about falling.			1	People who are worried about falling are more likely to fall.
6	They need to push with their hands to stand up from a chair.			1	This is a sign of weak leg muscles, a major reason for falling.
7	They have some trouble stepping up onto a curb.			1	This is also a sign of weak leg muscles.
8	They often rush to the toilet.			1	Rushing to the bathroom, especially at night, increases their chance of falling.
9	They have lost some feeling in their feet.			1	Numbness in their feet can cause stumbles and lead to falls.
10	They take medicine that sometimes makes them feel light-headed or more tired than usual.			1	Side effects from medicines can sometimes increase their chance of falling.
11	They take medicine to help their sleep or improve their mood.			1	These medicines can sometimes increase their chance of falling.
12	They often feel sad or depressed.			1	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

TOTAL: _____

If the individual scored **4 points or more**, they may be at risk for falling. Discuss this with their doctor.

Tool



This checklist was originally adapted from 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. Also available on the CDC website.