



Fall and "Near" Fall Screening Tool

Every year, elderly people on the Sunshine Coast fall in their homes. Some of these falls result in injuries requiring hospitalization. Depending on the health of the individual, and the severity of sustained injuries, a fall may result in failure to return home and facility placement. Please complete the following questions to assist you in determining **why** you fell, and what you can **do** to prevent falls in your future.

1. Have you ever had a fall or a "near" fall? Yes_____ No_____
2. If "Yes"...how many falls or "near" falls have you had in the past one year? _____
3. For each fall or "near" fall, please list the locations (below) and what was happening when you fell?

Where?

Cause of fall or "near" fall?

4. What have you done to try and prevent future falls?_____
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Do you ever feel or have...?
(circle if present)

You may want to try this!

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| 5. Weak or dizzy? | Arrange furniture so have something to hang onto every 3 steps; called "furniture cruising"! Consider a mobility device (cane, walker, scooter, long reacher). Avoid bending over, reorganize items b/w hip and shoulder level. Move slowly from lye to sit and sit to stand. Sit rather than stand and strategically place grab bars as "holds". |
| 6. Stiff joints? | Consider assistive devices (raised toilet seat, grab bars, lift chair, bed rails, bath seat/bench/lift). "Wake up" joints with gentle exercise prior to moving. |
| 7. Swollen feet? | Elevate above heart for 20 minutes 3 times a day. Wear light compression socks as prescribed. Gently move feet and ankles prior to getting up. Wear supportive, comfortable shoes; not bare feet. |
| 8. Night time bathroom trips? | Remove obstacles and move bed closer to bathroom. Have bedside light can turn on before you get out of bed. Put urinal/commode next to bed; reduce drinking at night. |



Fall and “Near” Fall Screening Tool continued

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| 9. Tired during day? | Avoid coffee, caffeinated drinks and alcohol.
Go to bed the same time each night and don't nap in the afternoon.
Balance activity and rest throughout the day.
Increase exercise during day.
Avoid TV, computer, over stimulation prior to retiring for night. |
| 10. Unsafe in your home. | Remove hazards and clutter; be alert to obstacles (scatter rugs).
Install hand railing and/or grab bars and non-skid strips.
Wear supportive footwear; ensure proper lighting. |
| 11. Unsafe in your community. | Avoid wet leaves/grass/snow/ice.
Be aware of uneven surfaces and expect the unexpected (non-uniform steps, sloped/cracked sidewalk, uneven ground). |
| 12. Other considerations: | Check your vision and hearing, monitor your alcohol and medication use, observe any difficulties concentrating. |

DISCLAIMER: This material is intended to provide you with general information. It does not take the place of services provided by a health care professional knowledgeable about your specific medical and physical and environmental situation.