

Are you at risk for a fall?

Falls are the leading cause of injury among Canadian seniors and they can have a devastating impact on your overall health and independence. Answer the following questions to see if you are at risk:

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

CHATS offers exercise programs through our Personal Support Workers, and as part of the activities in our day and social programs. Please contact CHATS for additional information.