



Preventing falls at home

A fall is when you end up on the ground or at a lower level without meaning to.



Green zone

You are
in control.



Yellow zone

Take action today.
Call:





Red zone

Take action now!
Call:



Did I lose my balance today?	I have no loss of balance.	I lost my balance and: <ul style="list-style-type: none"> • Stumbled or staggered • Needed to hold on to something • Fell into my chair 	I fell today.
Do I feel dizzy or light-headed?	I do not feel dizzy or light-headed, even after taking my medicine.	I feel dizzy or light-headed when I move or after taking my medicine.	I feel so dizzy or light-headed that I could faint.
Do I feel weak?	I do not feel weak.	I need more help than normal to: <ul style="list-style-type: none"> • Get out of bed • Stand up 	I am too weak to do anything for myself.
Can I see clearly?	I see clearly.	I do not see as well: <ul style="list-style-type: none"> • I bump into things • I stopped reading or watching TV • I need lights on to see 	I see double. I am starting to trip over: <ul style="list-style-type: none"> • Rugs • Changes in flooring • Things in my path
Am I worried about falling: <ul style="list-style-type: none"> • At home? • Away from home? 	I am not worried about falling.	I am worried so I: <ul style="list-style-type: none"> • Walk less • Drink less to avoid using the bathroom • Stay at home 	I am so worried that I will not get up on my own.

My plan for preventing falls at home

Things I can do to prevent falling:

- **Take my time and be aware:**
 - ☐ Stand up slowly
 - ☐ Make sure I use my cane or walker correctly
 - ☐ Wear good-fitting shoes
- **Make my home safe:**
 - ☐ Remove things on the floor that may cause me to trip
 - ☐ Light up my path at night
 - ☐ Add grab bars and railings
- **Stay healthy:**
 - ☐ Ask my doctor for an exercise program
 - ☐ Have my eyes and ears checked each year
 - ☐ Eat healthy and drink water
- **Talk to my care team or doctor:**
 - ☐ Tell them if I fall or worry about falling
 - ☐ Speak up if my medicine makes me feel dizzy or light-headed
- **Other ideas:**
 - ☐ Consider a medical alert system

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.