

# STAY ON YOUR FEET®

Move Improve Remove



## Did you know....?

- > Falling is not a normal part of ageing. Falls are preventable!
- > Only a small proportion of falls are caused by tripping, slipping or “not being careful” – most are the result of health or lifestyle factors.
- > One in four people aged 60 or over fall at least once a year.

## COMPLETE THIS CHECKLIST TO DETERMINE YOUR RISK OF FALLING

Yes



Have you had a fall in the last year?

**Having previously fallen increases your chance of falling again.**

Do you do less than 30 minutes of physical activity a day?

Are you unsteady on your feet, do you find it difficult to get up from a chair or do you have trouble walking?

**Many falls are the result of muscle weakness and/or impaired balance.**

Are you taking three or more medicines?

Are you taking sleeping tablets, tranquillisers or anti-depressants?

Has it been more than 12 months since your GP reviewed your medicines?

**Some side effects and combinations of medicines can increase your risk of a fall.**

Do you have diabetes, arthritis or Parkinson’s Disease?

Have you had a stroke or do you have problems with your heart or circulation?

Has it been more than 12 months since your eyes were tested or your glasses checked?

Do you experience dizziness, light headedness, unsteadiness, drowsiness, blurred or double vision or have difficulty thinking clearly?

**Many health conditions can increase your risk of falling.**

**If you answered “yes” to one or more of these questions you are at risk of falling.**

The good news is that there are steps you can take now to reduce your risk.

If you answered “no” to all of these questions, but are aged 60 or over, you should still take falls seriously and take action to stay mobile and independent.

**To learn how you can prevent slips, trips and falls visit [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au) or call 1300 30 35 40.**

Partner:



Department of Health



Stay On Your Feet WA®

**im**  
injury matters