

Check if you're at risk of falling.

Self-assessment questionnaire



Please circle "Yes" or "No" for each statement below.

Why it matters ↓

Yes (2)	No (0)	I have fallen in the past year.	A person who has fallen in the past year is at greater risk of falling again.
Yes (2)	No (0)	I use or have been advised to use a cane or a walker to get around safely	A person who uses or has been advised to use a cane or walker is more vulnerable to falls because balance is getting poorer or leg muscles weaker.
Yes (1)	No (0)	Sometimes when I'm walking, I feel unsteady or dizzy, or lose my balance.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding on to furniture or other surfaces when I walk around.	Steadying yourself on furniture or other surfaces (wall, counter, etc.) when moving around is also a sign of poor balance.
Yes (1)	No (0)	I'm afraid of falling.	A person who is afraid restricts activities because of being worried of hurting themselves or falling again. This can lead to social isolation and marked physical, emotional and functional decline.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	Needing to use armrests or help to get up from a chair is a sign of weak leg muscles, which is a risk factor for falls.
Yes (1)	No (0)	I have trouble stepping up onto the sidewalk.	It's a sign of weak leg muscles, which is a risk factor for falls.

Please circle "Yes" or "No" for each statement below.

Why it matters

Yes (1)	No (0)	I often have to rush to the toilet.
Yes (1)	No (0)	I've lost some feeling in my feet.
Yes (1)	No (0)	I take medication that sometimes makes me feel light-headed, dizzy, sleepy or more tired than usual.
Yes (1)	No (0)	I take medication to help me sleep or improve my mood.
Yes (1)	No (0)	I often feel sad or depressed.
Yes (1)	No (0)	When I walk, I have a hard time avoiding objects because I don't see them.

Rushing to the toilet, especially at night, increases your risk of falling.
Loss of feeling or numbness in your feet can make you trip and fall.
Side effects of some medications can cause sleepiness or dizziness, and so cause falls. See the information sheet "Knowing your medications".
Psychotropic medications that help you relax, sleep or improve your mood can increase the risks of falls because they can cause sleepiness or dizziness.
Symptoms of depression, such as not feeling well, slowing down, stopping activities or feeling less alert are risk factors for falls. Antidepressants can affect balance and put the person at risk of falling.
Vision changes can increase the risks of falling and injury. For people 65 years of age or older, annual eye exams are covered by the RAMQ. See the information sheet <i>Get your eyes checked!</i>

Total:

Add up the number of points for each Yes answer.

If you scored 4 points or more, you may be at risk for falling. Talk it over with your doctor or another a health care provider.