

Fall Risk Assessment

*This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res;2011:42(6)493-499).

<input type="checkbox"/> Yes <input type="checkbox"/> No	I have fallen in the past year. <i>People who have fallen once are likely to fall again.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I use or have been advised to use a cane or walker to get around safely. <i>People who have fallen once are likely to fall again.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	Sometimes I feel unsteady when I am walking. <i>Unsteadiness or needing support while walking are signs of poor balance.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I steady myself by holding onto furniture when walking at home. <i>This is also a sign of poor balance.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I am worried about falling. <i>People who are worried about falling are more likely to fall.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I need to push with my hands to stand up from a chair. <i>This is a sign of weak leg muscles, a major reason for falling.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I have some trouble stepping up onto a curb. <i>This is also a sign of weak leg muscles.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I often have to rush to the toilet. <i>Rushing to the bathroom, especially at night, increases your chance of falling.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I have lost some feeling in my feet. <i>Numbness in your feet can cause stumbles and lead to falls.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I take medicine that sometimes makes me feel light-headed or tired. <i>Side effects from medicines can sometimes increase your chance of falling.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I take medicine to help me sleep or improve my mood. <i>These medicines can sometimes increase your chance of falling.</i>
<input type="checkbox"/> Yes <input type="checkbox"/> No	I often feel sad or depressed. <i>Symptoms such as not feeling well or feeling slowed down, are linked to falls.</i>

Total:

Patient: Test Billing

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If you scored 4 or higher, you may be at risk for falling. Discuss your results with your doctor.