



Falls Checklist:

- I have had a fall but not seen anyone about it
- My GP hasn't reviewed my medication in the past year
- I often need to get up in the night to go to the toilet
- I am probably not as active as doctors recommend (30 minutes moderate activity five times a week)
- I sometimes feel dizzy or light – headed on standing or walking
- I struggle with basic maintenance on my home
- I wear bi-focals or vari-focals
- I haven't had an eye test in the past 12 months
- I sometimes feel weak when I get up from a chair or the bed
- A bit of clutter has built up at home over the years
- I probably don't drink enough fluids (1.6 litres/3 pints a day for women and 3.5 pints for men)
- My slippers have that 'lived-in' look
- Taking care of my feet is quite difficult these days
- I have a long-term condition such as Parkinson's heart disease/stroke, arthritis, COPD, diabetes, dementia
- I save electricity by turning off unnecessary lights
- My alcohol intake is probably more than GPs' recommended limits (2-3 units per day for women, 3-4 units for men)
- I don't get out as much as I'd like because I worry about tripping, I feel unsteady
- If I had a fall I would probably be too embarrassed to tell anyone
- I often get my feet tangled up in things that could trip me; my pets or grandchildren running around worry me sometimes; they make me feel wobbly!
- I am not always that warm at home