

Your Fall Risk Factors



Date (DD/MM/YY) _____

Read the **Staying on Your Feet** booklet and visit www.preventfalls.ca

Your Falls Risk Factors	What You Can Do
Unsteady Balance or History of Falls	<input type="checkbox"/> Balance exercises are recommended for 15-20 minutes every day. Follow the <i>Balance and Strength Exercises</i> from the Staying on Your Feet booklet or visit www.preventfalls.ca to find an exercise program in your area. <input type="checkbox"/> For a fall risk assessment, a balance exercise plan, or fall-prevention equipment, contact: An occupational therapist: www.msot.mb.ca/finding-ot-services A physiotherapist: www.mbphysio.org/find-a-physiotherapist . <input type="checkbox"/> For a referral to Home Care refer to the Southern Health-Santé Sud website for your local Home Care Office: https://www.southernhealth.ca/finding-care/find-a-service/home-care/ <input type="checkbox"/> Talk to your health care provider to for a fall risk assessment.
Medication Use	<input type="checkbox"/> Have your primary care provider, nurse or pharmacist review your prescriptions, over-the-counter medications, and herbal supplements.
Vitamin D	<input type="checkbox"/> 1000 IU of Vitamin D is recommended every day to prevent falls.
Substance Use	<input type="checkbox"/> If you drink alcohol or use substances, please discuss this with your health care provider.
Poor Vision	<input type="checkbox"/> Have your eyes and sight checked by an optometrist or ophthalmologist.
Comprehension or Memory Problems	<input type="checkbox"/> Talk to your health care provider about concerns with your memory or thinking to decide if you need help with day-to-day tasks.
Bladder Problems	<input type="checkbox"/> See your health care provider if you have problems with bladder or bowel control.
Other Factors	<input type="checkbox"/>