

Fall Risk Self-Check

WORKSHEET



Unsure if falls could be a problem for you?

Answer the following questions to help screen your risk.

1. Have you fallen more than once in the past year? ☐
2. Do you use a cane, walker, or any assistive device to help you walk? ☐
3. Do you need to use your arms to stand up from a chair? ☐
4. Do you hold onto furniture or walls when you walk? ☐
5. Have you limited your activities because you worry about falling? ☐
6. Have you had any recent changes in your strength or balance? ☐

**If you answered 'YES' to one or more questions,
you may be at risk of falling.**

Schedule a fall risk assessment today!
www.apluscarela.com