Fall Prevention Methods

Home Environment

Lighting

- Ensure adequate lighting; habitually turn on lights when going to the toilet at night or use night lights

Floor Pathways

- Keep floors flat, dry, and clear of obstacles
- Remove clutter and secure loose wires to prevent tripping
- Use non-slippery rugs (secured with non-slippery adhesive) instead of floor cloths

Bed and Chairs

- Ensure bed or chair height is appropriate; your feet should be able to stay flat on the ground
- Chairs should be stable, preferably with armrests; avoid chairs with wheels

Toilet and Bathroom

- Use anti-slip tiles in the bathroom or add non-slippery mats/strips
- Install compliant and sturdy handrails near the bathtub and toilet if needed
- Use a stable shower chair if needed
- Add handrails and a bathtub panel to the bathtub

Inadequate physical activity will lead to deconditioning. You should not reduce your level of physical activity despite having a history of falls or fractures. Please consult a doctor or a physiotherapist and follow their advice to engage in appropriate levels of physical activity so that you can stay healthy and active as well as increase your quality of life.

Self-Assessment for Fall Risk

Name: Gender: Age:

Please circle the appropriate answers:		Rationale behind the questions
I have fallen in the past year.	Yes (2) No (0)	Research indicates that recent falls significantly increase the risk of future falls.
I use or have been advised to use a cane or walker to get around safely.	Yes (2) No (0)	The recommendation to use a cane or walking aids suggests that you are at higher risk of falls.
Sometimes, I feel unsteady when I am walking.	Yes (1) No (0)	Unsteady walking or the need to hold onto furniture indicates balance issues.
I steady myself by holding onto furniture when walking at home.	Yes (1) No (0)	
I am worried about falling.	Yes (1) No (0)	Fear of falling can inadvertently lead to decreased activity, contributing to muscle weakness and increased fall risk.
I need to push with my hands to stand up from a chair.	Yes (1) No (0)	Weakness in the lower limbs is a sign, and lower limb weakness is one of the main causes of falls.
I have some trouble stepping up onto a curb.	Yes (1) No (0)	
I often have to rush to the toilet.	Yes (1) No (0)	Rushing to the toilet, especially at night-time, increases the risk of falls.
I have lost some feeling in my feet.	Yes (1) No (0)	Numbness in the feet can increases the risk of tripping and falling.
I take medicine that sometimes makes me feel light-headed or more tired than usual.	Yes (1) No (0)	Medication side effects may increase the risk of falls.
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)	Symptoms of depression (such as fatigue and slow movement) increase the risk of falls.
Please add up the scores circled as "Yes" in parentheses on the right. **A score of 4** or above indicates a risk of falling!	**Total:**	

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).

The causes of falls vary for each elderly people, and falls are preventable! Address it and take early action! Consider participating in our Center's "Australian LiFE Integrated Fall Prevention Training Intervention" or "Elderly Fall Prevention Exercise Class." For details, please call 2252 8833 or visit our Center's website.

The Chinese University of Hong Kong
Jockey Club Centre
for Osteoporosis Care and Control

Osteoporosis Awareness Series:

Preventing Falls in Daily Life

Falls are a leading cause of fractures. Patients with osteoporosis should avoid falling in their daily lives. Daily exercise should be undertaken to improve balance and strengthen muscles. Additionally, it is crucial to eliminate risky habits, pay attention to home safety, and use mobility aids appropriately to reduce the risk of falling.

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Causes of Falls

Personal Factors

1) Deyclination of Body Function:

- Blurred vision
- Hearing loss or hyposcusis
- Insufficient muscle strength
- Slow body coordination and reaction
- Decreased balancing ability

2) Cognitive Deficits:

- Impaired judgment
- Insufficient awareness of danger

3) Behavioral Factors:

- Impatience and careless
- Overestimation of personal abilities
- Weak safety awareness

4) Side Effects of Medication:

- Dizziness, leading to falls easily
- Drowsiness, reducing the alertness
- Slow or unsteady movements

External Factors

- ✖ Inadequate lighting
- ✖ Uneven or slippery floors

- ✖ Loose carpets, rugs, or dangling wires

- ✖ Cluttered spaces
- ✖ Inappropriate furniture usage

- ✖ Ill-fitting or excessively long clothing

- ✖ Improper use of mobility aid, such as a walking stick with inappropriate heights

Personal Factors

- Wear suitable glasses
- Consult a doctor about medication side effects
- Engage in daily stretching, weight-bearing, muscle strengthening and balancing exercises
- Adequate rest and reduce daily activity if feeling unwell
- Use appropriate walking aids when needed
- Install an emergency alarm, emergency mobile phone or carry a remote-control button for immediate assistance, especially for the elderly living alone

Fall Prevention Methods

Living Habits

Daily Self-care

- If you are not able to reach your feet by hands due to poor balance or limited range of motion, you are advised to consider to:
  - ✓ Use a long-handled shoehorn
  - ✓ Use a sock aid
  - ✓ Use a reach extender
  - ✓ Pick up items on the floor from a seated position only
- If you are having difficulty mobilising to the bathroom at night, you are advised to use a bedside commode for toileting

Household Chores or Work

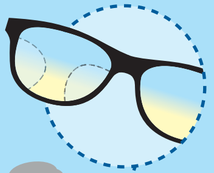
- Keep frequently used items at easily reachable heights or at about waist height
- Use a safety ladder or a safety stool for reaching high places instead of a chair

- Avoid prolonged squatting or sitting on a low stool. Use long-handled tools or raise the work surface if possible
- Avoid bending over to pick up heavy objects. Seek assistance when needed
- Use a rack or a movable clothesline for drying clothes

Clothing and Footwear

- Wear well-fitted, lightweight and warm clothing
- Choose a pair of shoes with appropriate size that is slip-resistant
- Avoid going out wearing high heels or slippers

Outdoors



- Avoid wearing progressive lenses when walking outdoors
- Use handrails when walking on slopes or climbing stairs
- Use elevators if mobility is limited
- Avoid commuting by public transportation during busy hours