

Four Things You Can Do to Prevent Falls:

1 Speak up.

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

2 Keep moving.

Begin an exercise program to improve your leg strength and balance.

3 Get an annual eye exam.

Replace eyeglasses as needed.

4 Make your home safer.

Remove clutter and tripping hazards.

Iowa Falls Prevention Coalition (IFPC) facilitates collaboration between state, community and health care system partners to reduce falls by building awareness, providing education, and supporting implementation of falls prevention efforts.

There are many ways to get involved with IFPC:

- Become a coalition member
- Join the STEADI Initiative
- Participate in National Falls Prevention Awareness Week

Anyone can be involved, and community members are welcome to join!

- For more information
<https://iacommunityhub.org/iafallscoalition/>

Iowa Community HUB is a statewide community care hub dedicated to connecting communities with health promotion programs and addressing health-related social needs through a network of collaborative partners.

Discover the HUB

Your go-to resource to:

- Enroll in falls prevention programs
- Access services from a network of community partners
- Connect with an occupational therapist for a home assessment
- Refer to local resources
...and much more!

Connect with the HUB and get the support you need.



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This brochure is based on information from CDC STEADI Program, Iowa Community HUB, and Iowa Falls Prevention Coalition.
<https://www.cdc.gov/steady/about/index.html>

2025

Stay Independent

Learn more about falls prevention.



nco
national council on aging

FallsFree
Iowa Falls Prevention Coalition

Check Your Risk for Falling

| Circle “Yes” or “No” for each statement below | | | Why it matters |
|--|--------|---|---|
| Yes (2) | No (0) | I have fallen in the past year. | People who have fallen once are likely to fall again. |
| Yes (2) | No (0) | I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall. |
| Yes (1) | No (0) | Sometimes I feel unsteady when I am walking. | Unsteadiness or needing support while walking are signs of poor balance. |
| Yes (1) | No (0) | I steady myself by holding onto furniture when walking at home. | This is also a sign of poor balance. |
| Yes (1) | No (0) | I am worried about falling. | People who are worried about falling are more likely to fall. |
| Yes (1) | No (0) | I need to push with my hands to stand up from a chair. | This is a sign of weak leg muscles, a major reason for falling. |
| Yes (1) | No (0) | I have some trouble stepping up onto a curb. | This is also a sign of weak leg muscles. |
| Yes (1) | No (0) | I often have to rush to the toilet. | Rushing to the bathroom, especially at night, increases your chance of falling. |
| Yes (1) | No (0) | I have lost some feeling in my feet. | Numbness in your feet can cause stumbles and lead to falls. |
| Yes (1) | No (0) | I take medicine that sometimes makes me feel light-headed or more tired than usual. | Side effects from medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I take medicine to help me sleep or improve my mood. | These medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I often feel sad or depressed. | Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls. |
| Total _____ Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor. | | | |

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). Adapted with permission of the authors.