

# Understanding Your Fall Risk : High

Name.....

Date .....

**Your Balance Score Today is:**

(circle the score)

1	2	3	4	5	6	7	8	9	10
High Risk			Moderate Risk			Low Risk			

## What does my score mean?

Your balance score today indicates you are currently in the HIGH RISK range for falling, making you 3 times more likely to experience a fall in the next 12 months.<sup>1</sup> It is normal to feel surprised by your score as this assessment is highly sensitive and covers the full range of balancing abilities, from ballerinas to those dealing with more serious balance challenges.

## How do I prevent falling?

Studies show that changing some aspects of your lifestyle can improve your balance and lower your risk of falling.<sup>2</sup> Your risk for falling is affected by how well you can control your body movements as you go about your day (Personal Factors), as well as your environment (Environmental Factors).

### Personal Factors

Your ability to balance is personal to you. It relies on information from your senses (inner ear, eyes, soles of the feet), your brain processing that information, and your muscles responding to signals from your brain. Many things impact your balance, and making a change to any of these can positively affect your balance, too.

#### Factors that Improve Balance

- Specific balance training
- Sleeping well
- Daily exercise
- Staying hydrated
- Managing medications correctly

#### Factors that Make Balance Worse

- Sleeping poorly
  - Sitting down all day
  - Not drinking or eating enough
  - Skipping medications\*
- \*if your medication has recently changed, this can also affect your balance

Physical Therapy can help get you back on track in a safe way, personalized to you.

### Environmental Factors

Your environment can make it more or less likely that you may experience a fall. Try to make your home safer by making these changes:

- Remove clutter so you can move around easily
- Remove cords that cross walkways, or loose rugs that you can trip over
- Install grab bars in bathrooms
- Use non-slip mats in shower / bath
- Install night lights if you have to get up during the night
- Make sure stairs have handrails and are well lit
- Keep frequently used items in easy to reach cabinets

<sup>1</sup>. Forth et al. Front Med. 2020

<sup>2</sup>A CDC COMPENDIUM OF EFFECTIVE FALL INTERVENTIONS:  
What Works for Community-Dwelling Older Adults 4<sup>th</sup> edition

To learn more about how your balance system works visit

[www.zibrio.com/find-out](http://www.zibrio.com/find-out)