

Understanding Your Fall Risk : Low or Moderate Risk

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 Affects Fall Risk?

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 what is in your environment (Environmental Factors).

What does my score mean?

Your score today shows that you are not at a high risk for falling in the next 12 months.¹ This means your Personal Factors are moderate or strong. Studies show that focusing on key habits can help maintain or improve balance and reduce the risk of falls.² The free ZIBRIO BalanceCoach app or the link at the bottom of this page can help you learn more.

Personal Factors

Your ability to balance is personal to you and made possible by information from your senses (inner ear, eyes, soles of the feet), your brain calculating that information, and your muscles reacting to messages sent to them by your brain. Many things affect how good your balance is, making a change to one of them can make a change to your balance too.

Factors that Improve Balance

- Daily Balance Exercises
- 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

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

¹. Forth et al. Front Med. 2020

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