

Head, Shoulders, Knees, & Toes: Identify & Address Falls Risk Factors

This graphic enables providers and professionals to recognize falls risk factors and offers recommendations for addressing risks in a positive and productive way.

Fear of falling leads older adults to limit activities, causing physical decline and increasing fall risk.

Try:

"Fear of falling is common, but falls are preventable and there are simple things you can do to decrease your risk."

Using furniture as a support while walking can lead to falls and indicates a need for additional support.

Try:

"I noticed you lean on your counters for support. Have you ever talked to your doctor about getting fitted for an assistive device? Using one can increase your independence."

Lower-body weakness is a fall-risk factor.

Try:
"Participating in an evidence-based falls prevention program can help you enhance your strength and balance so you can continue to do the things you love."

Poor vision can increase the risk of falls.

Try:
"I noticed you wear glasses, when was your last eye exam? Annual eye exams can prevent falls due to vision loss."

People with hearing loss are nearly three times as likely to fall.

Try:

"You mentioned your wife has trouble hearing. Did you know wearing a hearing aid can reduce her risk of falling by 50%?"

Urgency or rushing to the bathroom can increase fall risk.

Try:

"Do you often have to hurry to make it to the bathroom? Rushing can lead to falls."

Wearing proper footwear is essential for staying steady.

Try:

"Do your shoes fit well and support you while you walk? Wearing supportive footwear can prevent falls."



Help older adults stay healthy and independent—encourage them to check their fall risk with NCOA's Falls Free CheckUp®.