

HANDOUT 5.4**MANAGING CONCERNS ABOUT FALLING
NO FALL-TY HABITS (PG
1 OF 3)****Directions**

Following is a list of things a person can do to prevent falls. Read each statement and then check your response (“Always,” “Sometimes,” “Never”) in the box found next to these statements.

No Fall-ty Habits	Always	Sometimes	Never
I wipe up any spills quickly.			
I avoid walking around in floppy slippers or “flip-flops.”			
When carrying things, I leave one arm free to hold on to railings or stable furniture for support (even though this may mean twice the number of trips).			
I pick up anything I have dropped on the floor.			
I take my time getting to the phone when I hear the phone ring.			
I take my time going to the door when I hear the doorbell or a knock.			
I use my cane, walker, or other pieces of adaptive equipment as prescribed by my doctor or therapist.			

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I use my grab bar when I get in and out of the tub or shower.

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No Fall-ty Habits	Always	Sometimes	Never
I take time out to exercise.			
I have a friend, relative, or neighbor who checks on me daily (in person or by phone).			
I take my time when moving from a sitting to a standing position.			
I take my time getting out of bed.			
I pay close attention to whatever I am doing.			
I take it easy on those days when I don't feel "like myself."			
I use an elevator (instead of the stairs) if an elevator is available.			
I avoid walking on wet or slippery surfaces and take other paths if necessary.			
I turn on a light when I enter a dark room.			

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When I leave a doctor's office, I understand instructions clearly.			
I know whether or not the medicines I am taking increase my risk of falling.			

No Fall-ty Habits	Always	Sometimes	Never
I take my medicine as prescribed, on the right day, at the right time, and in the right amounts.			
I feel comfortable talking about falls with my family.			
I feel comfortable talking about falls with my doctor.			
I talk with my doctor about how drinking alcohol could increase the risk of falling.			
I feel comfortable asking for help when I need it.			

Review your answers. The items to which you answered "Always" are "no fallty" habits, or habits which, if practiced regularly, will help prevent a fall. Carefully consider the statements to which you answered "Sometimes" or "Never." Are there ways you could change your behavior to make your days safer? For example, if you find that you are always running to the phone, could you ask family and friends to let the phone ring at least ten times? Would being checked on regularly make you feel safer? Perhaps you could discuss this with a neighbor and develop a "buddy system" whereby you check on each other daily, in person or by phone.