













Are You at Risk for a Fall?

-  **Have you fallen before?**
-  **Are you afraid of falling?**
-  **Do you have osteoporosis?**
-  **Do you have arthritis?**
-  **Are you physically inactive?**
-  **When you get up from a chair, do you have to use your arms?**
-  **Do you sometimes lose your balance and does this affect your walking?**
-  **Do you have trouble seeing obstacles in your path?**
-  **Do you take more than one medication?**
-  **Do you take sleeping pills to help you sleep?**



**If you answered “YES” to any of these questions,
you may be at increased risk for a fall.
Please discuss these questions with your doctor or
health care provider.**



**For more information, call
Partners In Aging Peterborough Coalition (705) 743-1000**