

Quick guide for Health Care Professionals to assess older people at risk of falling

Risk Factor

Vision

Postural BP Drop

Gait

Medication

Exercise

Environment

Footwear

Assessment

- **Check** for visual acuity.
- **Examine** for eye abnormalities.
- **Check** BP lying and standing after one and three minutes.
- **Check** quadriceps power (getting out of chair).
- **Observe** walking and for instability on turning.
- **Look** for correctable pathology e.g. foot drop, Parkinson's Disease, lower limb arthritis.
- **Assess** for neurological dysfunction.
- **Assess** need for mobility aid.
- **Review** all medications annually.
- **Recommend** participation in an exercise program that includes balance and strength training. Provide Falls Prevention education materials. Call Peterborough County-City Health Unit 743-1000 ext 318