

## Checklist of risk factors for falls which you can influence

Please answer the questions by circling the option Yes/No.

Do you engage in brisk physical activity for at least half an hour almost every day (causing enhanced breathing and sweating)?	Yes	No
Do you perform balance and muscle-strengthening exercises at home or in a group at least twice a week?	Yes	No
Are your footwear sturdy, thin-soled and non-slip – even in the winter?	Yes	No
Do you use anti-slip grips on your shoes in the winter?	Yes	No
Is there sufficient lighting at your home – even at night?	Yes	No
Are the walkways in your home free of clutter?	Yes	No
Do your rugs have edges that don't make you trip and stumble?	Yes	No
Are there anti-slip grippers under your rugs?	Yes	No
Are the walkways in your home yard even and well-groomed?	Yes	No
Are the outdoor walkways near your home well-grittied during the winter?	Yes	No
Do you eat three meals a day or nearly every day (breakfast, lunch, dinner)?	Yes	No
Do you drink enough during the day (1–1.5 liters of fluids)?	Yes	No
Do you eat dairy products every day (e.g. milk, buttermilk, yogurt, soured whole milk, cheese, quark)?	Yes	No
Do you take vitamin D supplements throughout the year?	Yes	No
Is your consumption of alcohol moderate (no more than two portions at a time, no more than seven portions a week)?	Yes	No

If you answered No for one or more questions, you should make changes to improve your safety. Please read material related to preventing falls (including Safe Years guide). For more information go to:

[www.kaatumisseula.fi](http://www.kaatumisseula.fi) and [www.kotitaturma.fi](http://www.kotitaturma.fi)



## Other risk factors for falls which you should consider

Please answer the questions by circling the option Yes/No.

Do you have regular health checks?	Yes	No
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If you have regular medication, has your medication been reviewed during the past year?	Yes	No
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Has your eyesight been checked during the past year?	Yes	No
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If you answered No to one or more of the questions, you should remedy these things, too, and if necessary talk with a medical professional about your situation.

