

# Fall Risk Assessment Form

## INSTRUCTIONS

---



### Instructions for filling the form

- 1.** The person may fill out the form by him or herself and then add up the points and record the score in the section in the form (green area on the bottom right-hand corner of the form). You may help in counting up the points if necessary.
- 2.** Depending on the score, write down comments and actions required by the score, and give the needed material and direct the customer to have a more thorough professional assessment if necessary.

### Instructions for interpreting scores and giving feedback

When giving feedback, it is important to remember not to frighten the person with falling.

Pay special attention to the following sections/questions:

#### Question 2. Falls

- It is important to determine the reason for falls. A previous fall significantly increases the risk of a new fall.
- If the respondent gets 4 points from the question. Remind him or her that falling is not a normal part of aging, and the reason for repeated falls must be determined.

#### Question 4. Balance and physical activity

- If the respondent gets 1 point from the question
  - ▶ Ask him or her to make sure that the aid is in good condition and adjusted properly.
- If the respondent gets 2 points from the question
  - ▶ Recommend balance exercises and an assessment of mobility by a professional (physical therapist)

#### Question 5. Coping with daily activities

- If the respondent feels that he or she needs a lot of help in coping with daily chores, recommend paying attention to the home environment and ensuring that home help is available.

#### Question 7. Physical activity, activeness

- If the respondent gets 1 or 2 points from the question
  - ▶ Recommend increasing physical activity. The Exercise Guide is given to a person who gets 2 points.

## Interpretation of score and material to be given

### 0 p. Your fall risk is not elevated

No need for additional actions. **Encourage** them to continue in the same way. You may hand out e.g. the *10 Ways to Prevent Falls* guide or the *Safe Years* guide.

### 1-5 p. Your fall risk is elevated

Feedback and actions will slightly depend on the responses. Everyone who gets this score can be given at least the *10 Ways to Prevent Falls* and the *Checklist* of risk factors for falls, and/or the *Safe Years* guide and other material depending on the circumstances.

#### Examples

- A person who exercises or moves a lot (0 points from Question 6) does not necessarily need instructions for exercise but may need information on safe footwear or other issues related to the risk of falling, which they themselves can affect (The *Safe Years* guide and The *Checklist*).
- A person who is in good condition (only a few points from questions 1–5) but does not get much physical activity needs inspiration and instructions for starting physical activity, so he or she can be given the *Exercise Guide* and be informed of available exercise groups and services and be given the *Safe Years* guide and the *Checklist*.
- A person who has fallen several times but does not get points from the other sections of the form needs instructions related to balance (the *Exercise Guide*) and information on issues related to fall risk which he or she can affect (the *Safe Years* guide and/or the *10 Ways to Prevent Falls* and the *Checklist*).

### 6-8 p. Your fall risk is clearly elevated

- Give him or her the *Safe Years* guide and the *Checklist* and if necessary other material.
- Recommend increasing physical activity (give the *Exercise Guide*).
- Provide information about suitable exercise groups (municipal sports services, associations and organizations).
- **Recommend seeking a more thorough professional assessment.**

### 9-14 p. Your fall risk is high

- Give him or her the *Safe Years* guide and the *Checklist* and if necessary other material.
- **Recommend seeking a more thorough professional assessment.**

#### Availability of materials:

The *Fall risk assessment form*, the *10 Ways to Prevent Falls*, the *Exercise Guide* and the *Checklist* of risk factors for falls which you can influence: are available for printing free of charge at [www.kaatumisseula.fi](http://www.kaatumisseula.fi)

The *Safe Years* guide can be ordered free of charge from [www.punaisenristinkauppa.fi](http://www.punaisenristinkauppa.fi)

Free material related to walking in winter (including safe footwear and non-slipping devices) are available at [www.kotitaturma.fi/pysy-pystyssa/](http://www.kotitaturma.fi/pysy-pystyssa/)