



## USEFUL CONTACTS...

1. For a free in-home assessment of falls risk by a physiotherapist contact:

**Taking Steps 8193 1234.**

2. For a free home assessment for veterans, contact:

**HomeFront 1800 801 945.**

3. To find out what services there are in your area, including those suggested below and many others, telephone:

**Commonwealth Carelink  
1800 052 222 (free call).**

4. Your **local Day Therapy centre** has physiotherapists, occupational therapists, podiatrists and nurses who offer treatment, group activities and possibly home visits to help you reduce your risk of falls.

5. Your **local council** officers can tell you about activities for fun, fitness and leisure. If you notice hazards outside your home, contact your council, shopping centre or other.

6. For assessments and support to remain in your home, contact:

**Metropolitan Domiciliary Care  
8193 1234.**

7. For professional information about aids and equipment, contact:

**Independent Living Centre  
8266 5260.**

(country callers 1800 800 523).

8. For opportunities for fitness at all levels, including Easy Moves for Active Ageing, contact:

**Active Ageing SA - 8232 9077.**

9. **Osteoporosis SA - 8379 5345.**

10. **Arthritis Foundation  
of SA - 1800 011 041.**

11. **Parkinson's Association  
of SA (Inc) 8357 8909.**

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Stay On Your Feet-Adelaide West is a two year Community Demonstration Project that forms part of the National Falls Prevention for Older People Initiative. It is a collaborative project funded by the Commonwealth Department of Health and Aged Care, under the auspices of Metropolitan Domiciliary Care - Western Region.

Major partners are Adelaide Western Division Of General Practice, the University of South Australia and Health Promotion SA. The project acknowledges the contributions made by all partners throughout the western region, including the Western Falls Prevention Network, North Western Adelaide Health Service and many others.

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The name Stay On Your Feet is used with the kind permission of North Coast Public Health Unit, NSW.



**STAY ON YOUR FEET - ADELAIDE WEST. A FALLS PREVENTION PROJECT.**

## Questionnaire.

# How safe are you from falling?

If you are over 60 please take a couple of minutes to complete this questionnaire. Then show it to your doctor, physiotherapist, pharmacist, nurse, podiatrist or occupational therapist.

There is a list of other useful contacts on the back. With your health professional, you can use this list to help you find the right service for your needs.

**Take action today to safeguard your independence for the years to come.**

Early detection of falls risk is very important to minimize the risk of injury and loss of your independence.

Name: \_\_\_\_\_

### My History of falling

- I have had at least one fall in the last 6 months  
 Yes     No     Unsure

### About my medications

- I am regularly taking sleeping tablets or tranquillisers or antidepressants  
 Yes     No     Unsure
- I am taking 4 or more medications  
 Yes     No     Unsure

### About my levels of exercise

- I do less than 30 minutes of physical activity in a day (such as walking, housework, gardening or bowls) on most days of the week  
 Yes     No     Unsure

### About my health conditions

I have, or have previously had the following:

- Problems with my heart, blood pressure or circulation  
 Yes     No     Unsure
- A stroke  
 Yes     No     Unsure
- Diabetes  
 Yes     No     Unsure

- Parkinson's disease  
 Yes     No     Unsure
- Dizziness or funny turns  
 Yes     No     Unsure
- Having to rush to the toilet or incontinence  
 Yes     No     Unsure
- A recent major change in my health  
 Yes     No     Unsure

### About my balance and walking

- I have difficulty getting up from a chair  
 Yes     No     Unsure
- I have poor balance when walking  
 Yes     No     Unsure
- I have either foot pain when walking and/or swelling and/or deformity of my feet  
 Yes     No     Unsure

### About my eyesight

- I have poor eyesight  
 Yes     No     Unsure
- It has been more than 12 months since my eyes were tested  
 Yes     No     Unsure



If you answered **Yes** or were **Unsure** for more than one of the above questions, you may be at risk of falling.

To find out more information, please discuss this questionnaire during your next appointment with your:

- Doctor
- Occupational therapist
- Physiotherapist
- Pharmacist
- Podiatrist
- Nurse

These health professionals can advise you about steps you can take to reduce your risk of falls and injury.

Remember that if you have osteoporosis your risk of injuring yourself in a fall is even greater.

Please see over for other useful contacts.