

Discuss this checklist during your next appointment with a health professional such as:

- › Doctor
- › Nurse
- › Optometrist
- › Pharmacist
- › Podiatrist
- › Dietitian or Nutritionist
- › Exercise Physiologist
- › Occupational Therapist
- › Physiotherapist
- › Speech Pathologist

These health professionals can advise you about steps you can take to stay active, maintain your independence and mobility and decrease your risk of falling.

Please seek medical advice if you answered 'agree' or were 'unsure' about any of the falls risks within this checklist.

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Published by the Queensland Government January 2008,
Updated February 2013

ISBN: 978-1-92477-02-0

Inquiries for the use of this material please contact:
ip_officer@health.qld.gov.au

An electronic version of this document is available at
www.health.qld.gov.au/stayonyourfeet/resources.asp

This patient information brochure supports a number of the National Safety and Quality Health Standards (NSQHS) including:



Partnering with Consumers - Standard 2 (2.4.1). Consumers and/or carers provided feedback on this patient information.



Preventing Falls and Harm from Falls - Standard 10 (10.9). This brochure provides information on the risk of falls and includes falls prevention strategies.

The following organisations can help you stay active, independent and on your feet:

- Stay On Your Feet®
www.health.qld.gov.au/stayonyourfeet/
- Get health advice from qualified staff
13 HEALTH – 13 432 584 (local call)
- Commonwealth Respite and Carelink Centres provide free and confidential information on community aged care, disability and other support services.
www9.health.gov.au/ccsd/
or call 1800 052 222
- Council of the Ageing (COTA) Queensland represent seniors and provide community programs.
www.cotaq.org.au or call 1300 738 348
- Osteoporosis Queensland provide information about bone health.
www.osteoporosis.org.au or call 1800 242 141
- Home Assist Secure assists with housing-related difficulties.
<http://www.communities.qld.gov.au/housing/loans-and-grants/home-assist-secure> or call 1300 880 882
- Dieticians Association Australia provide information about food, health and well-being.
www.daa.asn.au or call 1800 812 942
- NPS MedicineWise - Medicines Line
www.nps.org.au or call 1300 MEDICINE (1300 633 424)
- LifeTech Queensland provide solutions to everyday life activities
www.lifetec.org.au or call 1300 885 886



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Checklist

Queensland Stay On Your Feet®

Stay active and independent!



If you are over 60 please take a couple of minutes to complete this checklist and then discuss your answers with a health care professional. Taking action to know your falls risk factors and how to reduce the falls risk is key to staying active and independent.

Great state. Great opportunity.



> My history of falling

1. I have had at least one fall in the last six months.
agree disagree unsure

> About my medications

2. I take sleeping tablets or tranquilisers or antidepressants.
agree disagree unsure

> About my level of exercise

3. I do less than 30 minutes of physical activity in a day such as brisk walking, swimming, cycling or group exercise.

agree disagree unsure

4. I do less than two sessions of balance and strength exercise per week, for example Tai chi or a specific exercise program provided by a physiotherapist or fitness instructor.

agree disagree unsure

> About my balance and walking

5. It is hard for me to get up from a chair.
agree disagree unsure

6. I have poor balance when walking.
agree disagree unsure

> About my feet

7. I have foot pain when walking: or, I have swelling and/or deformity of my feet.

agree disagree unsure

> About my eyesight

8. I have difficulties with my vision.
agree disagree unsure

9. It has been more than 12 months since my eyes were tested or glasses checked.

agree disagree unsure

10. I have difficulties with my vision even when wearing glasses.

agree disagree unsure

> About my health conditions

11. I have or have had the following:

A. Problems with my heart, blood pressure or circulation.

agree disagree unsure

B. A stroke.

agree disagree unsure

C. Diabetes.

agree disagree unsure

D. Parkinson's Disease.

agree disagree unsure

E. Dizziness or funny turns.

agree disagree unsure

F. Needing to rush to the toilet or incontinence.

agree disagree unsure

G. A recent major change in my health.

agree disagree unsure

> About healthy eating

12. I have lost weight recently without trying.
agree disagree unsure

13. I have been eating poorly recently because of a decreased appetite (poorly means not eating three balanced meals each day including protein, dairy and fruit and vegetables).

agree disagree unsure

14. Each day, I eat less than three to four servings of high calcium foods (such as milk, yoghurt, cheese, salmon or sardines).

agree disagree unsure

15. I am not aware of my vitamin D blood levels.

agree disagree unsure

16. I have a mouth, teeth, or swallowing problem that has changed the kind and / or amount of food I eat.

agree disagree unsure

If you have osteoporosis or answered Agree or Unsure about any of these questions, you may be at risk from a fall. Talk to your health professional about how you can reduce this risk.