



**St John**

Here for Life

# Falls checklist

Every year in New Zealand one in three people over the age of 65 will fall. Over half the falls experienced by older people occur in the home.

The chance of falls increases to 78% for older adults managing four or more diabetic complications. For those over the age of 80, the rate of falls is one in two. Reducing the risk of you falling is one of the most important things you can do to keep yourself independent.

## Have you a higher risk of falling?

**See if you are at a greater risk of falling by ticking the boxes that apply to you:**

- are aged 65 years and over
- live alone or are left alone for extended periods
- use mobility assisted devices
- take several medications daily
- have a history of one or more falls
- would be unable to get up easily after a fall
- have been in hospital in the last 12 months
- have safety hazards in the home
- are physically frail or suffer from physical weakness
- are managing diabetes and diabetic complications
- are at risk of vitamin D deficiency
- have foot problems and unsuitable footwear
- experience dizziness
- have cognitive or visual impairment
- have continence or urgency problems
- have problems with heart rate and/or rhythm.

**If you tick 3 or more boxes ask your GP about being referred for a St John Medical Alarm or call us today on 0800 50 23 23**

Working Together



**ASB**