

AM I AT RISK FOR A FALL?

Ask yourself the following questions...

Have you had a fall in the last 6-12 months?



Do you ever feel dizzy?



Do you ever lose your balance?



Do you have weak muscles or stiff joints?



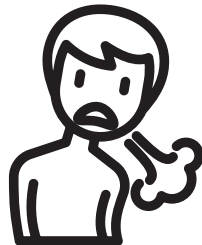
Do you have problems seeing or hearing?



Do you have foot problems?



Are you ever short of breath?



Do you ever have to rush to the bathroom?



Do you have trouble remembering or concentrating?



Do you walk in places that are uneven, slippery, icy?



Do you take four or more medications a day?



Do you drink alcohol?



If you answer **YES** to **ONE** or **MORE**, you might be at a **HIGHER RISK** of falling.



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE