

Triangle Falls Prevention Coalition Fall Risk Screening

Participant: _____ Age: _____

Screening performed by: _____

Have you fallen in the past year? _____

Do you have any dizziness? _____

Screening Test	Results	Increased Risk for Falls?
Timed Up & Go TUG (> 12 sec = increased risk for falls)		
30-Second Chair Stand Average Score for Age & Gender = _____ (below average score in age group = increased risk for falls)		
4 Stage Balance Test (not able to hold tandem stance for 10 sec = increased risk for falls)	Feet together:	
	Modified tandem:	
	Tandem:	
	Single leg stance:	

Based on the Center for Disease Control's STEADI initiative.

Recommendations:

- Begin an exercise or balance class at your local senior or community center
- See a physical therapist or ask your doctor for a referral to physical therapy for:
 - Balance Therapy
 - Vestibular Rehab for dizziness
- Talk to your doctor about:
