

Questions to Ask Your Doctor About Fall Prevention for Seniors - Checklist

Falls are a leading cause of injury and death among the elderly. Fortunately, many falls can be prevented with the right precautions. Asking your loved one's doctor the right questions is key to developing an effective fall prevention plan. This guide covers the most important questions to discuss with their healthcare provider to keep them safe and independent.

How to use this checklist: Check off each question as you ask it, and use the note lines to record important answers and observations.

Understanding Fall Risk

1. What factors put my loved one at risk of falling?

Identifying the specific risk factors for your loved one is the first step in preventing falls. Their doctor can explain the physical, medical, and environmental factors that increase their fall risk.

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2. How can we assess my loved one's fall risk?

A comprehensive fall risk assessment by the doctor can identify problems with balance, mobility, vision, medication side effects, and home safety that need to be addressed.

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3. Are there any health conditions that could increase their fall risk?

Certain medical issues like poor eyesight, low blood pressure, neuropathy, or muscle weakness can make someone more prone to falls. Understanding these risk factors is vital.

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Medication Management

1. Are any of my loved one's medications increasing their fall risk?

Some prescription drugs can cause dizziness, drowsiness, or impaired balance as side effects. Their doctor should review all medications to identify and address any fall-increasing effects.

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2. How can we reduce medication-related fall risks?

The doctor may be able to adjust dosages, switch to safer alternatives, or take other steps to minimize fall hazards from medications your loved one is taking.

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3. What should we do if my loved one experiences side effects?

It's important to report any dizziness, unsteadiness, or other medication-related symptoms immediately so the doctor can intervene to prevent a fall.

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Exercise and Physical Therapy

1. What type of exercise program would be best for fall prevention?

Certain exercises that improve balance, muscle strength, and mobility can significantly reduce fall risk. The doctor can recommend an appropriate exercise plan.

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2. Should my loved one work with a physical therapist?

A physical therapist can create a customized program to improve strength, coordination, and balance, which are crucial for fall prevention.

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3. How often should they do these exercises?

The frequency and duration of an exercise routine are important for maximizing the benefits and reducing fall risk. The doctor can provide guidance on an appropriate schedule.

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Home Safety Modifications

1. What home modifications would help prevent falls?

Simple changes like installing grab bars, improving lighting, and removing tripping hazards can make a home much safer for someone at risk of falling.

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2. Should my loved one use any assistive devices?

Canes, walkers, or other mobility aids may be recommended to improve stability and prevent falls, especially when navigating the home.

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3. Are there any resources to help pay for home modifications?

There may be government programs, grants, or other financial assistance available to help cover the cost of fall prevention home improvements.

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Ongoing Monitoring and Adjustments

1. How often should we reevaluate my loved one's fall risk?

Since fall risk can change over time, it's important to regularly reassess their condition and make any necessary adjustments to their prevention plan.

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2. What signs should we watch for that indicate increased fall risk?

Paying attention to changes in balance, mobility, medication side effects, and other factors can help you identify when it's time to revisit the prevention plan with the doctor.

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3. Who should we contact if my loved one does have a fall?

Establishing a plan for responding to falls, including when to call the doctor or emergency services, is crucial for minimizing the impact and preventing future incidents.

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