

Are you at risk for falling?

healthy changes
everything:



BlueCross BlueShield
of Western New York

One in every three adults age 65 and older experience a fall. Falls can result in serious injuries and loss of independence for older adults. To help you determine your risk, answer the questions below and review them at your next doctor's visit.

Question	What to do if you checked "Yes"
<p>Have you fallen in the last year?</p> <p style="text-align: right;">YES <input type="checkbox"/></p>	<ul style="list-style-type: none">• Tell your doctor about any falls, and discuss the rest of your responses on this form.• List your medications and doses here <hr/> <hr/> <hr/> <hr/>
<p>Do you take four or more medications (prescription or over-the-counter) daily?</p> <p style="text-align: right;">YES <input type="checkbox"/></p>	<ul style="list-style-type: none">• Review your medications with your doctor, nurse, or pharmacist at each visit, especially if anything has changed or if you have side effects.• Ask if any of your medicines can cause drowsiness, dizziness, or weakness.
<p>Do you have any pain in your legs, or difficulty walking or standing?</p> <p style="text-align: right;">YES <input type="checkbox"/></p>	<ul style="list-style-type: none">• Don't ignore symptoms! Tell your doctor about pain, aching, soreness, stiffness, weakness, swelling, or numbness in your legs or feet.• Always wear properly fitting, nonslip shoes.• Discuss what treatment may be available and if physical therapy may help you.
<p>Do you use a cane, walker or crutches, or have to hold on to things when you walk?</p> <p style="text-align: right;">YES <input type="checkbox"/></p>	<ul style="list-style-type: none">• Ask which device is best for you and how to use it safely.• Ask your doctor about physical therapy.

Continues on reverse

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Question

What to do if you checked “Yes”

Do you have to use your arms to be able to stand up from a chair?

YES

- Regular exercise improves strength and balance. Check with your doctor to see what’s best for you.
- Ask your doctor if physical therapy might help strengthen your leg muscles.

Do you ever feel unsteady, weak, or dizzy?

YES

- Tell your doctor.
- Review all your medications with your doctor, nurse, or pharmacist to see if it is a side effect.

Has it been more than two years since you had an eye exam?

YES

- Schedule an eye exam. Vision problems can contribute to a higher risk of falling.

Do you have any hearing loss or problems?

YES

- Ask your doctor if you need a hearing test. Ear and hearing problems can affect balance.

Do you drink alcohol on a daily basis?

YES

- Set a limit of one drink per day.
- Check with your doctor about interactions with your medications to avoid falls.

Do you have three or more chronic health conditions, such as diabetes, heart or lung problems, high blood pressure, or arthritis?

YES

- Visit your doctors regularly to keep problems under control.
- Ask your doctor how to stay healthy and active. Overall good health lowers chances of falling.

Do you ever experience a sudden need to urinate and need to move quickly, especially at night?

YES

- Discuss urinary frequency with your doctor; treatment may be available.
- Be sure your path to the bathroom is clear – remove throw rugs and other obstacles.
- Place night lights in your bedroom, bathroom, and hallways.
- Try glow-in-the-dark or illuminated light switches.
- Never use stairs in the dark.

Are you experiencing any leakage of urine (urinary incontinence)?

YES

- Talk with your doctor. This is a common problem and there are many treatment options.

Have you had a recent bone density test?

NO

- Talk to your doctor to see if you should. This test, similar to an X-ray, measures bone strength.