

Check your risk for falling



Share your results with your healthcare provider and let them know you're participating in the SilverSneakers® Well-Balanced program for fall prevention.

Use this screening tool to check your fall risk.

Check "Yes" or "No" for each statement below.			Why it matters
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I have fallen in the past year.	People who have fallen once are likely to fall again.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I am worried about falling.	People who are worried about falling are more likely to fall.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
<input type="checkbox"/> Yes	<input type="checkbox"/> No	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total			

Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling.
Please take this sheet with you to start a conversation at your next doctor's visit.

Always talk to your doctor before starting an exercise program.

Source: Centers for Disease Control and Prevention (CDC). Original materials available for free at www.cdc.gov/steady.

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This material is for general educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Participants should consult a licensed healthcare provider for personalized assessment or care.

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