

TAKE THE BALANCE TEST

- Are you over age 65?
- Have you fallen in the past year?
- Are you afraid of falling?
- Do you have numbness or loss of sensation in your feet?
- Have you had a stroke or other neurological problem that has affected your balance?
- Do you have problems with your vision?
- Do you experience difficulty getting around due to weakness or imbalance?
- Do you need a cane or walker for safety?
- Do you take more than four medications?
- Do you take Antivert or Meclizine?
- Do you feel dizzy or unsteady if you move suddenly or if you turn over at night?
- Do you have anxiety or confusion, or feel depressed?

If you answered “yes” to three or more of these questions, you may be at risk for a fall.



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REHAB-003 04.22



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