

Helping Older Patients Reduce Their Risk of Falling

Use this tool to understand how your patient perceives their risk of falling and start a discussion to motivate your patient to take action to reduce their fall risk.

DOES YOUR PATIENT RECOGNIZE THEIR RISK OF FALLING?

Do you think you might fall in the coming year, or do you worry about falling?

Do you think you would be injured if you fell?

Do you think an injury from a fall will impact your daily activities?

Patient does not recognize risk

From my assessment, **identified modifiable risk factor(s)** is/are placing you at a greater risk of falling. It is important you know that there are steps we can take together to reduce your risk of falling.

Falling can lead to serious injuries that require time in rehabilitation or a skilled nursing facility. You may even lose some of your ability to stay independent and do the things that you currently enjoy.

The good news is, **most falls can be prevented** by addressing your risk factors through **available evidence-based fall prevention interventions**.

Patient recognizes risk

DOES YOUR PATIENT SEE BENEFITS OF OR BARRIERS TO ADOPTING A RECOMMENDED STRATEGY TO MITIGATE FALL RISK?

Which of the things I suggested do you think would reduce your fall risk? How do you think this will help reduce your fall risk?

What challenges do you think you may have if you try to participate in [recommended strategy]?

Patient does not recognize benefits/barriers

Fall prevention interventions can help you maintain your independence and improve your lifestyle. [Recommended strategy] can help prevent a fall by...

Go over how the recommended strategy can help your patient in addition to reducing fall risks.

There are many things that can make participating in [recommended strategy] difficult. It can be helpful for us to make a plan on how we can address these things before they get in the way.

Patient recognizes benefits/barriers

DOES YOUR PATIENT FEEL THEY CAN IMPLEMENT THE RECOMMENDED STRATEGIES?

How confident are you that you can perform (or participate) in this strategy?

Patient does not feel able to take on recommended strategy

These recommended strategies are appropriate for you and there are things that can help you participate in this strategy.

Break down the strategy into small steps and establish specific, manageable goals that your patient can track and aim to accomplish.

Patient feels confident they can take on recommended strategy

DOES YOUR PATIENT SEEM READY TO TAKE ACTION TO PREVENT FALLS?

How well do you feel you can keep up with these activities we discussed today?

It is important to be consistent in doing the recommended strategies. To help you keep up with this:

- Set a reminder to do the strategy on your phone, email, calendar, etc.
- Share this plan with a family member or friend so they can help with progress.
- Schedule a follow-up visit to check in on progress.

*Note: Additional discussion points and suggested questions are listed in the Clinical Discussion Fact Sheet.

