

ANYONE CAN FALL

Prevent it from happening to you

Staying Confident Checklist

Any older adult who falls, with or without sustained injury, may develop a fear of falling. This may cause curtailment of activities, leading to reduced mobility and physical fitness, and increasing risk of falling and injury. Assessment of fear of falling, followed by appropriate interventions, is crucial to promote independence, mobility, function, wellness, and safety of older adults.

The Falls Efficacy Scale-International (FES-I) is a short, easy to administer tool that measures the level of concern about falling during 16 social and physical activities inside and outside the home whether the person does the activity or not.

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance

Trauma NB

We would like to ask some questions about how concerned you are about the possibility of falling.

Please answer the questions thinking about how you usually do the activity. If you currently don't do the activity (e.g. if someone does your shopping for you), please answer to show whether you think you would be concerned about falling IF you did the activity. For each of the following activities, please tick the box which is closest to your own opinion to show how concerned you are that you might fall if you did this activity

		NOT AT ALL CONCERNED - 1	SOMEWHAT CONCERNED - 2	FAIRLY CONCERNED - 3	VERY CONCERNED - 4
1	Cleaning the house *(e.g. sweep, vacuum or dust)*	1 ☐	2 ☐	3 ☐	4 ☐
2	Getting dressed or undressed	1 ☐	2 ☐	3 ☐	4 ☐
3	Preparing simple meals	1 ☐	2 ☐	3 ☐	4 ☐
4	Taking a bath or shower	1 ☐	2 ☐	3 ☐	4 ☐
5	Going to the shop	1 ☐	2 ☐	3 ☐	4 ☐
6	Getting in or out of a chair	1 ☐	2 ☐	3 ☐	4 ☐
7	Going up or down stairs	1 ☐	2 ☐	3 ☐	4 ☐
8	Walking around in the neighbourhood	1 ☐	2 ☐	3 ☐	4 ☐
9	Reaching for something above your head or on the ground	1 ☐	2 ☐	3 ☐	4 ☐
10	Going to answer the telephone before it stops ringing	1 ☐	2 ☐	3 ☐	4 ☐
11	Walking on a slippery surface *(e.g. wet or icy)*	1 ☐	2 ☐	3 ☐	4 ☐
12	Visiting a friend or relative	1 ☐	2 ☐	3 ☐	4 ☐
13	Walking in a place with crowds	1 ☐	2 ☐	3 ☐	4 ☐
14	Walking on an uneven surface *(e.g. rocky ground, poorly maintained pavement)*	1 ☐	2 ☐	3 ☐	4 ☐
15	Walking up or down a slope	1 ☐	2 ☐	3 ☐	4 ☐
16	Going out to a social event *(e.g. religious service, family gathering or club meeting)*	1 ☐	2 ☐	3 ☐	4 ☐
	Subtotal				

Answer the statements above and add up the number of points for each column in the corresponding subtotal. Then, add up each of the 4 subtotals to obtain your total score. If you obtain a score of 28 points or more, the older adult may have a high level of concern about falling.

TOTAL _____

This checklist was developed in a collaborative effort with members of the Prevention of Falls Network Europe (ProFaNE) and is a validated self-assessment tool (Yardley L, Todd C, et al. Development and initial validation of the Falls Efficacy Scale-International (FES-I) Age and Aging 2005; 34(6): 614-619).