

What do you know about falls?

1. True or False:
Fear of falling can often lead to people limiting their participation in social events, and normal daily routines.
2. True or False:
Hip fractures are often caused by a combination of osteoporosis (brittle bones) and falls.
3. Which of these factors are important for your balance?
 - a. Strength
 - b. Vision
 - c. sensing body position
 - d. All of the above
4. Which of these factors in your environment can increase your risk of falling?
 - a. Narrow shoes and high heels greater than 1 inch
 - b. Assistive devices (canes or walkers) that are worn out or missing screws
 - c. Rugs that are curled up on the ends, or slippery on the floor
 - d. All of the above
5. True or False.
You shouldn't exercise if you have diabetes, stroke, high blood pressure or joint pain.
6. True or False.
Your pharmacists or your doctor can review your medicines for side effects that increase your risk of falling.
7. True or False:
Possible consequences of falls include injury, admission to hospital, admission to nursing home, loss of confidence, fear of falling, limitation of activities, frailty, more falls, and loss of independence.
8. True or false:
To maintain good bone density participating in weight bearing exercise, taking calcium and vitamin D supplements, reducing caffeine and alcohol consumption, and stop smoking.

9. Which health professional should you see if you notice that you are unsteady when standing or walking?
10. Which health professional should you see if you want to make sure you are using your walker, cane or other assistive device correctly?
11. Falls are a result of not being able to recover from your center of mass being outside your base of support. How are you able to increase your base of support?
- Use an assistive device like a cane or walker
 - Keep feet wider apart
 - Wear shoes with soles that are as wide as your foot
 - All of the above
12. Circle all that apply. When falling, how can you decrease the impact of the fall?
- Catch yourself by extending your elbow and shoulder.
 - Catch yourself with a bent elbow and slow the speed of the fall
 - Roll your body at initial contact with the ground as you use your arms to slow speed
 - Tuck your chin to your chest when falling backwards to avoid hitting head
 - Tense up your body
 - Squat straight down to make yourself lower to the floor, to reduce the impact