

My Checklist

Balance and Fall Prevention

Talking to My Healthcare Team

Hi _____ ,

- I've been participating in Bold, an online exercise program designed to help older adults improve balance and strength.

Today, I'd like to talk to you about balance and fall prevention. I've experienced one of the following (please check):

- I've noticed a change in my balance.
- I've had a fall(s) in the last _____ months (fill in).

I'm considering other ways to improve my balance and reduce the risk of falling. Can we discuss which of these might be best for me?

- Using an assistive device like a cane or walker.
- Scheduling a vision or hearing test.
- A home safety evaluation with an Occupational Therapist to make my house more fall-proof.
- A referral to a Physical Therapist to help with my balance.
- Or anything else you would suggest