

# HELPING YOU FEEL STRONG STEADY & SAFE

## Moving For Better Balance



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Moving For Better Balance** is a 12-week, evidence-based, instructor-led group program designed to improve strength, mobility, flexibility, and balance through the therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

**Take the test or encourage an older adult to learn if they are at risk for falls.**

### WHAT IS YOUR RISK SCORE?

For each "yes" answer add the number of points listed:	YES	NO	Why this matters
I have fallen in the past year.	2	0	People who have fallen once are likely to fall again.
I use or have been advised to use a cane or walker to get around safely.	2	0	People who have been advised to use a cane or walker may already be more likely to fall.
Sometimes I feel unsteady when I am walking.	1	0	Unsteadiness or needing support while walking are signs of poor balance.
I steady myself by holding onto furniture when walking at home.	1	0	This is also a sign of poor balance.
I am worried about falling.	1	0	People who are worried about falling are more likely to fall.
I need to push with my hands to stand up from a chair.	1	0	This is a sign of weak leg muscles, a major reason for falling.
I have some trouble stepping up onto a curb.	1	0	This is also a sign of weak leg muscles.
I often have to rush to the toilet.	1	0	Rushing to the bathroom, especially at night, increases your chance of falling.
I have lost some feeling in my feet.	1	0	Numbness in your feet can cause stumbles and lead to falls.
I take medicine that sometimes makes me feel light-headed or more tired than usual.	1	0	Side effects from medicines can sometimes increase your chance of falling.
I take medicine to help me sleep or improve my mood.	1	0	These medicines can sometimes increase your chance of falling.
I often feel sad or depressed.	1	0	Symptoms of depression are linked to falls.

**IF YOU SCORED A 4 OR HIGHER, then you may be at risk for falling. Discuss this result with your doctor.**

**TOTAL** \_\_\_\_\_