

Discuss this checklist during your next appointment with a health professional such as:

- › Doctor
- › Nurse
- › Optometrist
- › Pharmacist
- › Podiatrist
- › Dietitian or Nutritionist
- › Exercise Physiologist
- › Occupational Therapist
- › Physiotherapist
- › Speech Pathologist

These health professionals can advise you about steps you can take to stay active, maintain your independence and mobility and decrease your risk of falling.

Please seek medical advice if you answered 'agree' or were 'unsure' about any of the falls risks within this checklist.

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An electronic version of this document is available at
www.health.qld.gov.au/stayonyourfeet/resources.asp

This patient information brochure supports a number of the National Safety and Quality Health Service Standards (NSQHS) including:



Partnering with Consumers (NSQHS second edition).



Comprehensive Care Standard (NSQHS second edition).

The following organisations can help you stay active, independent and on your feet:

- **Stay On Your Feet®**
www.health.qld.gov.au/stayonyourfeet/
- **Get health advice from qualified staff**
13 HEALTH (13 432 584 - local call)
- **Australian Government Department of Social Services** www.myagedcare.gov.au or call 1800 200 422
- **Council of the Ageing (COTA) Queensland represent seniors and provide community programs** www.cotaql.org.au or call 07 3316 2999
- **Osteoporosis Queensland provide information about bone health**
www.osteoporosis.org.au or call 1800 242 141
- **Home support and housing assists with housing related difficulties**
www.qld.gov.au/housing/buying-owning-home/maintenance-modifications/maintenance-assistance/home-assist-secure or call 13 QGOV (13 7468)
- **Dietitians Australia provide information about food, health and wellbeing**
www.dietitiansaustralia.org.au/ or call 1800 812 942
- **NPS MedicineWise - Medicines Line**
www.nps.org.au or call 1300 MEDICINE (1300 633 424)
- **LifeTec Queensland provide solutions to everyday life activities** www.lifetec.org.au or call 1300 LIFETEC (1300 543 383)

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Checklist

Queensland Stay on Your Feet®



If you are over 60 please take a couple of minutes to complete this checklist and then discuss your answers with a health care professional. Taking action to know your falls risk factors and how to prevent a fall is key to staying active and independent.

› My history of falling

1. I have had at least one fall in the last six months.
☐ Agree ☐ Disagree ☐ Unsure

› About my medications

2. I take sleeping tablets or tranquilisers or antidepressants.
☐ Agree ☐ Disagree ☐ Unsure

› About my level of exercise

3. I do less than 30 minutes of physical activity in a day such as brisk walking, swimming, cycling or group exercise.
☐ Agree ☐ Disagree ☐ Unsure
4. I do less than two sessions of balance and strength exercise per week, for example Tai Chi or a specific exercise program provided by a physiotherapist or fitness instructor.
☐ Agree ☐ Disagree ☐ Unsure

› About my balance and walking

5. It is hard for me to get up from a chair.
☐ Agree ☐ Disagree ☐ Unsure
6. I have poor balance when walking.
☐ Agree ☐ Disagree ☐ Unsure

› About my feet

7. I have foot pain when walking or, I have swelling and/or deformity of my feet.
☐ Agree ☐ Disagree ☐ Unsure

› About my eyesight

8. I have difficulties with my vision.
☐ Agree ☐ Disagree ☐ Unsure
9. It has been more than 12 months since my eyes were tested or glasses checked.
☐ Agree ☐ Disagree ☐ Unsure
10. I have difficulties with my vision even when wearing glasses.
☐ Agree ☐ Disagree ☐ Unsure

› About my health conditions

11. I have or have had the following:
- a. Problems with my heart, blood pressure or circulation.
☐ Agree ☐ Disagree ☐ Unsure
 - b. A stroke.
☐ Agree ☐ Disagree ☐ Unsure
 - c. Diabetes.
☐ Agree ☐ Disagree ☐ Unsure
 - d. Parkinson's Disease.
☐ Agree ☐ Disagree ☐ Unsure
 - e. Dizziness or funny turns.
☐ Agree ☐ Disagree ☐ Unsure
 - f. Needing to rush to the toilet or incontinence.
☐ Agree ☐ Disagree ☐ Unsure
 - g. Difficulty with hearing.
☐ Agree ☐ Disagree ☐ Unsure
 - h. A recent major change in my health.
☐ Agree ☐ Disagree ☐ Unsure

› About healthy eating

12. I have lost weight recently without trying.
☐ Agree ☐ Disagree ☐ Unsure
13. I have been eating poorly recently because of a decreased appetite (poorly means not eating three balanced meals each day including protein, dairy and fruit and vegetables).
☐ Agree ☐ Disagree ☐ Unsure
14. Each day, I eat less than three to four servings of high calcium foods (such as milk, yoghurt, cheese, salmon or sardines).
☐ Agree ☐ Disagree ☐ Unsure
15. I am not aware of my vitamin D blood levels.
☐ Agree ☐ Disagree ☐ Unsure
16. I have a mouth, teeth, or swallowing problem that has changed the kind and/or amount of food I eat.
☐ Agree ☐ Disagree ☐ Unsure

If you have osteoporosis or answered **Agree** or **Unsure** to any of these questions, you may be at risk from a fall. Talk to your health professional about how you can reduce this risk.