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

- Doctor
 Dietitian or Nutritionist
- Optometrist > Occupational Therapist
- > Pharmacist
 > Physiotherapist
- > Podiatrist
 > 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:



 $Partnering\ with\ Consumers\ (NSQHSS\ second\ edition).$



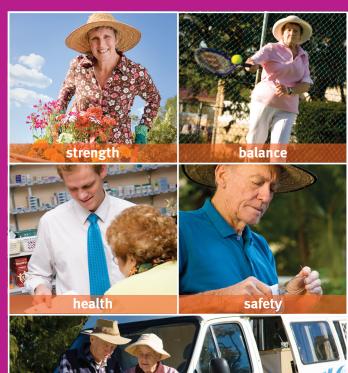
The following organisations can help you stay active, independent and on your feet:

- 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.cotaqld.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-owninghome/maintenance-modifications/ maintenance-assistance/home-assistsecure 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.

independence

>	My history of falling	About my eyesight	About healthy eating
1.	I have had at least one fall in the last six	8. I have difficulties with my vision.	12. I have lost weight recently without trying
	months.	Agree Disagree Unsure	Agree Disagree Unsure
	Agree Disagree Unsure	9. It has been more than 12 months since my	13. I have been eating poorly recently
>	About my medications	eyes were tested or glasses checked.	because of a decreased appetite (poorly means not eating three balanced meals
2.	I take sleeping tablets or tranquilisers or	Agree Disagree Unsure	each day including protein, dairy and
	antidepressants.	 I have difficulties with my vision even when wearing glasses. 	fruit and vegetables).
	○ Agree ○ Disagree ○ Unsure	Agree Disagree Unsure	Agree Disagree Unsure
>	About my level of exercise		14. Each day, I eat less than three to four servings of high calcium foods (such as milk, yoghurt, cheese, salmon or
3.	I do less than 30 minutes of physical	> About my health conditions	
	activity in a day such as brisk walking,	11. I have or have had the following:	sardines).
	swimming, cycling or group exercise.	 a. Problems with my heart, blood pressure or circulation. 	○ Agree ○ Disagree ○ Unsure
,	Agree Disagree Unsure	Agree Disagree Unsure	15. I am not aware of my vitamin D blood
4.	I do less than two sessions of balance and strength exercise per week, for	b. A stroke.	levels.
	example Tai Chi or a specific exercise	Agree Disagree Unsure	Agree Disagree Unsure
	program provided by a physiotherapist or fitness instructor.	c. Diabetes.	16. I have a mouth, teeth, or swallowing problem that has changed the kind and
	Agree Disagree Unsure	Agree Disagree Unsure	or amount of food I eat.
	JAgree Disagree Offishie	d. Parkinson's Disease.	Agree Disagree Unsure
>	About my balance and walking	Agree Disagree Unsure	
5.	It is hard for me to get up from a chair.	e. Dizziness or funny turns.	If you have osteoporosis or answered Agree or Unsure to any of these questions,
	Agree Disagree Unsure	○ Agree ○ Disagree ○ Unsure	you may be at risk from a fall. Talk to your
6.	I have poor balance when walking.	f. Needing to rush to the toilet	health professional about how you can
	Agree Disagree Unsure	or incontinence.	reduce this risk.
>	About my feet	Agree Disagree Unsure	
7.	I have foot pain when walking or,	g. Difficulty with hearing.	
	I have swelling and/or deformity	Agree Disagree Unsure	
	of my feet. Agree Disagree Unsure	h. A recent major change in my health.	
	Marce Disagree Durisare	Agree Disagree Unsure	