

# If you are 65 or older, take the Falls Free CheckUp today!

## Learn your falls risk

- ▶ Take the screening at [www.cdc.gov/falls](https://www.cdc.gov/falls)
- ▶ Share with your health care provider
- ▶ Take action to reduce your risk
- ▶ Maintain your independence



Older adults (65+) are at greater risk for serious injuries from a fall.  
More than **1 in 4** older adults fall each year.  
However, falls are not a natural part of aging and many can be prevented.



### Take the 5 minute Screening

- ▶ Answer 12 short yes or no questions at [www.cdc.gov/falls](http://www.cdc.gov/falls)
- ▶ Get your score
- ▶ Download your report



### Share with Your Health Care Provider

- ▶ Make an appointment with your doctor
- ▶ Share your report with your doctor to alert them to your unique fall risk factors
- ▶ Ask your doctor what you can do to reduce your risk



### Take Action to Reduce Your Risk

- ▶ Stay active
- ▶ Review all your medicines with your doctor or pharmacist
- ▶ Make your home safer by keeping it well lit and removing tripping hazards
- ▶ Have your eyes and feet checked every year
- ▶ Discuss your chronic conditions with your doctor



### Maintain Your Independence

- ▶ Learn more about ways to prevent injury
- ▶ Set a reminder to take the screening again in 6 months
- ▶ Visit [www.cdc.gov/stillgoingstrong](http://www.cdc.gov/stillgoingstrong) for more resources on how to age without injury



To learn more and access tools and resources, visit [www.cdc.gov/falls](http://www.cdc.gov/falls)



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control