

# BALANCE & GAIT SCREENING RESULTS



Based on your self-report of fall risk and/or your score on the balance and gait screening, you are at a:

## **HIGH RISK FOR FALLS**

It's recommended that you talk with your primary care provider and request a full balance assessment. Before starting a physical activity program, consult with your doctor or a physical therapist to find activities that match your abilities and provide an appropriate level of challenge. Consider also discussing other fall risk factors such as vision, medications, and request any other referrals that could help you lower your risk of falling.

## **MODERATE RISK FOR FALLS**

You have some risk for falls but there's a lot you can do to lower your fall risk. Talk with your doctor or physical therapist to select a physical activity program that is designed to strengthen your muscles and improve your balance and mobility. Discuss other factors related to falling such as vision, medications, and request other referrals that will help you further lower your fall risk.

## **LOW RISK FOR FALLS**

Congratulations, you are at a low risk for falls! Keep active by doing activities to strengthen your muscles, challenge your balance, and improve your cardiovascular health. Before starting a new exercise program, talk with your doctor or physical therapist about any health concerns that might increase your risk of falling including your vision, medications, and discuss other things you can do to stay active and prevent future falls.

Research shows that to reduce falls, exercises **MUST** focus on improving balance and strength, be progressive (get more challenging over time), and be practiced for at least 50 hours. This means, for example, taking a 1-hour class 3 times a week for 4 months, or a 1-hour class 2 times a week for 6 months.

## **RESOURCES**

- Fall Prevention Center of Excellence – for resources including exercise brochures and home exercise DVDs: [http://stopfalls.org/resources/FPCE\\_resources.shtml](http://stopfalls.org/resources/FPCE_resources.shtml)
- National Institute on Aging's FREE exercise guide for healthy older adults to use at home: [www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide](http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide).
- National Council on Aging - <http://www.ncoa.org/improve-health/falls-prevention/>
- Community Senior Centers in Los Angeles - <http://aging.lacity.org/program-services/multipurpose.cfm>