



Falls occurs because of **complex interacting risk factors** that cause inability to recover balance. **Create** an A to Z wall display. Each day will be a new letter of the alphabet for you to explore with your team, identify risk factors for falls and place them on the display for all to see. You can add to it and discuss them at your wall. This can also be done as a group activity with older adults in various settings such as LTC. You may use small note pages or this template.

Examples: **A** for **Arthritis, anxiety** etc. **B** for **Balance deficit,** **C** for **Chronic conditions, Cognitive impairment.**

A. _____

E. _____

I. _____

B. _____

F. _____

J. _____

C. _____

G. _____

K. _____

D. _____

H. _____

L. _____

(The numbering should continue to Z)



Identifying Risk Factors to Fall A to Z

The following answers you can use to prompt the identification of even more risks. This is not an exhaustive list.

There are over 400 identified risk factors that in combination with each other contribute to falling.

- A** age, arthritis, agitation, acute illness, alcohol, assistive devices
- B** balance problems, behaviour (risk-taking)
- C** cognitive impairment, cardiac, confusion, clutter, clothing
- D** drugs (see Beers list), diabetes, dementia, dizzy
- E** elimination, environmental hazards, equipment in hallways
- F** fall history, foot disorders, footwear, flooring, fear of falling
- G** gait deficits, gender, glare
- H** hydration, heart disease, handrails (inappropriate), hearing
- I** incontinence, illiteracy
- J** judgement poor, jitters
- K** kick-space lacking under bed
- L** lack of exercise, lonely (live alone), language barriers, lighting
- M** mobility
- N** nutrition (poor)
- O** osteoporosis, obstacles in the way
- P** Parkinson's disease, postural hypotension, prescription
- Q** quadriceps strength
- R** rest areas (not available), restraints, risky behaviour
- S** Stroke, stairs, support (lack of), substance abuse, social isolation
- T** trip hazards, transportation Lack of)
- U** uneven surfaces, unsafe/unfamiliar environment, urgency/frequency bladder/bowel
- V** visual deficits
- W** weakened muscles, wet floor, wandering
- Y** yapping (distracted)
- X** reflexes (ha, ha) slower
- Z** zzz (sleepy or lack of sleep), zopiclone

