

**Are you at risk
for falling?
Answer these
10 questions to find out!**

If you answered YES to any of these questions, you may be at risk of falling.

**Please call
GENERATIONS
Area Agency on Aging
563-324-9085, ext. 200
to learn about community
resources that can help you.**

STAND
your ground

is a community effort to reduce the risk of falling along with the medical and health consequences a fall might cause.

Generations Area Agency on Aging

Braaten Health trueBalance

Genesis VNA and Hospice

Scott County Health Department

Trinity Visiting Nurse & Homecare Association

**Are you at risk for falling?
Please answer these questions.**

Please circle YES or NO

1. Have you fallen or lost your balance in the past 3 months? *YES NO*
2. Do you have a fear of falling? *YES NO*
3. Do you feel lightheaded when you stand up from lying down? *YES NO*
4. Do you require assistance to walk but don't always have it? *YES NO*
5. If you use a cane or walker, did you teach yourself how to use it? *YES NO*
6. Do you take 4 or more medications daily or had a dosage change or started a new one within the last 2 weeks? *YES NO*
7. Do you sometimes have the need to rush to the bathroom? *YES NO*
8. Do you have difficulty seeing or hearing? *YES NO*
9. When walking inside your home or apartment, are the areas wide and free from objects to allow you to use your assistive device at all times? *YES NO*
10. Do you feel you should be more physically active than you are? *YES NO*

Community Partners

For additional information, contact any of the community partners. Speakers or formal presentations are available to your group or organization at no charge. Schedule yours today!



GENERATIONS

Area Agency on Aging

935 E. 53rd Street, Davenport, Iowa 52807
563-324-9085 or toll free 800-892-9085



4364 7th Street, Moline, IL 61265
Toll free 866-235-6763



2535 Maplecrest Road, Suite 27
Bettendorf, IA 52722 563-421-HOME (4663)



600 West 4th Street
Davenport, IA 52801 563-326-8618



106 19th Avenue, Suite 101
Moline, IL 61265 309-779-7600