Common Risk Factors for Falls

- Muscle weakness
- History of recent falls
- Functional disability: use of assistive device
- Gait, balance, or visual impairment
- Alteration in level of consciousness or cognitive impairment
- Arthritis
- Impaired ADL
- Use of high-risk medications (Chang et al., 2004)
- Urge urinary incontinence (Brown, Vittinghoff, & Wyman, 2000)
- Bare feet or inappropriate footwear
- Specific co-morbidities: dementia, hip fracture, type II diabetes, Parkinson's disease, arthritis, and depression
- Age >75

(JAGS 2001; AGS/BGS; National Guideline Clearinghouse, 2011)