

## BALANCE SELF-TEST

To help determine if you may be headed for a fall, take the Balance Self Test below. If you answer yes to one or more of the questions, you could be at risk. The best way to determine if you have a problem, however, is to talk with your physician who might recommend that you have a balance screening test from a qualified clinician.

1. Have you fallen more than once in the past year?  Yes  No

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2. Do you take medicine for two or more of the following diseases: heart disease, hypertension, arthritis, anxiety, or depression?  Yes  No

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3. Do you feel dizzy or unsteady if you make sudden changes in movement, such as bending down or quickly turning?  Yes  No

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4. Do you have black-outs or seizures?  Yes  No

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5. Have you experienced a stroke or other neurological problem that has affected your balance?  Yes  No

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6. Do you experience numbness or loss of sensation in your legs and/or feet?  Yes  No

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7. Do you use a walker or wheelchair, or do you need assistance to get around?  Yes  No

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8. Are you inactive? (Answer yes if you do not participate in a regular form of exercise, such as walking 20-30 minutes at least three times a week.)  Yes  No

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9. Do you feel unsteady when you are walking or climbing stairs?  Yes  No

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10. Do you have difficulty sitting down or rising from a seated or lying position?  Yes  No

### Have questions?

Please contact the KDH Rehabilitation Center at **812-265-0545**.