

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
- V vision (decreased)
- W weakened muscles, wet floor, wandering
- X reflexes
- zzzz (any medications that makes you feel sleepy)

