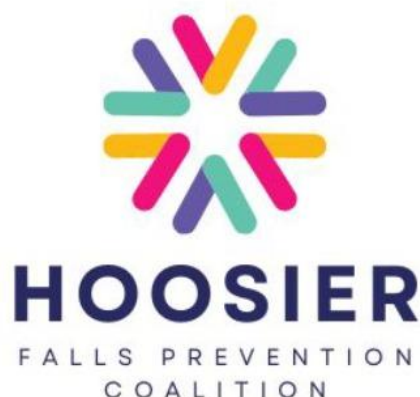




Questions to Ask My Doctor About Falls Prevention

Patient Name: _____ **Date of Visit:** _____

Use this guide during your appointment to talk with your doctor about your balance and fall risk. Write their answers and recommendations directly in the spaces provided below.

Medications

- Could any of my medications cause dizziness, drowsiness, or balance problems that put me at risk for falls?
- Could you review my current medications, over-the-counter drugs, and supplements?

Doctor's Notes & Instructions: 

Balance, Strength & Mobility

- Would it benefit me to be screened or assessed by physical therapy (PT) or occupational therapy (OT) due to my balance or walking difficulties?
- Would you recommend therapy for strengthening, daily activity training, or assessing my need for an assistive device (like a cane or walker)?

Doctor's Notes & Instructions: 

Blood Pressure & Heart Health

- Could my blood pressure be dropping when I stand up, causing lightheadedness?
- Should I purchase a home blood pressure cuff? If so, who can teach me how to use it correctly?
- Should my heart be checked for rhythm or circulation problems?

Doctor's Notes & Instructions: 

Vision & Hearing

- Could changes in my vision or hearing be actively affecting my balance?
- Should I schedule an eye or hearing exam. Do you recommend a specialist?

Doctor's Notes & Instructions: 

Neurological & Medical Concerns

- Could an underlying nerve or neurological condition be affecting my stability?
- Are there any other chronic medical conditions currently contributing to my fall risk?

Doctor's Notes & Instructions: 

Foot Health & Footwear

- Could foot pain, numbness, or my current footwear be affecting my stability?
- What specific types of shoes do you recommend for maximum safety?
- Do you recommend a podiatrist who specializes in medical or therapeutic footwear?

Doctor's Notes & Instructions: 

Home Safety

- Do you recommend an occupational therapist (OT) evaluate my home for safety modifications?
- What are the most critical changes I can make at home right now to prevent falls?

Doctor's Notes & Instructions: 

Bone Health

- Am I at a high risk for bone fractures if I do happen to experience a fall?
- Should I be tested or screened for osteoporosis or low bone strength (like a bone density scan)?

Doctor's Notes & Instructions: 

Nutrition & Hydration

- Could dehydration or nutritional deficiencies be sapping my strength or affecting my balance?
- Exactly how much water should I aim to drink daily? Should I be taking Vitamin D or Calcium?

Doctor's Notes & Instructions: 

 **My Next Steps & Follow-Up Plan** *Use this final section to write down referrals, new prescriptions, or upcoming appointments before leaving the clinic.*

Referrals to Make (PT, OT, Eye, Podiatrist, etc.):
