

The Cycle of Falls 跌倒的恶性循环



Know Your Risk 您的跌倒风险



Have you fallen in the past 12 months?
您在过去的12个月内是否曾经跌倒?



Do you avoid going out because you are afraid of falling?
您是否因害怕跌倒而避免外出?



Do you feel like you are going to fall when standing up or walking?
在站立或走路时，您是否感觉自己会跌倒?

If you answered 'YES' to any of the questions and you are 65 years or older you are at higher risk of falling.

如果您年满65岁或以上，并对以上任何问题的答案是“是”，这表示您有较高的跌倒风险。

Source: Alexandra Health System

Falls can be PREVENTED!
跌倒是可以预防的！

Please check with your healthcare provider. 请向您的医护人员查询。