

Frequent accident medical assessment

If your parent frequently falls, ask their primary care doctor or attending physician to assess and address any medical concerns that may affect the likelihood of reoccurring accidents. Use this document to help guide the conversation. Keep in mind – this list is not exhaustive and there may be other factors you or their physician may want to explore.

Medical concern	Examination/test date	Results/notes
Balance and gait A balance and gait assessment is an easy way to help detect neurological conditions that may be affecting the nervous system or accelerating loss of muscle mass.	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Blood pressure Ask for it to be read while sitting and then standing. This is especially important if your parent felt light-headed or weak prior to their fall.	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Blood tests These can be helpful for identifying new underlying causes that could be contributing to falls, like anemia or a number of infections. Ask for a copy of the lab results and have the doctor explain any abnormalities to you.	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Cardiovascular Chronic heart conditions like atrial fibrillation can cause the heart to race, which contributes to weakness and dizziness.	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

Medical concern	Examination/test date	Results/notes
<p>Dehydration Low levels of hydration can lead to memory problems, slower reaction times and fatigue. Dehydration is easy to detect and treat. Ask the healthcare provider how much water your parent should consume each day.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Medication review Many prescribed medications can heighten fall risks. Bring a comprehensive list of medications to the appointment. Some medications may need an adjustment.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Neurological Conditions, like Parkinson's, dementia, stroke and multiple sclerosis are often characterized by motor dysfunction and imbalance, heightening fall risks.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Vision and inner ear issues Poor vision can contribute to falls caused by tripping over objects or miscalculating distances. The inner ear houses the vestibular system, which regulates balance.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>