

**50% of all seniors have a vestibular problems,
according to Johns Hopkins.**

**Falls cause :
physical injuries
hip fractures
Organ damage
Lead to loss of independence.**

More than 15,000 Americans die each year as a result of a fall, but far more – approximately 3 million – are injured. One-quarter of older Americans who suffer a hip fracture after a fall die within six months of the injury.

Most balance problems are easily treatable

**Please circle yes or no to the following questions
so we can make sure you don't fall**

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|--|------------|-----------|
| 1. Have you fallen in the past 12 months? | yes | no |
| 2. Do you feel dizzy or off balance if you make a sudden change in movement, such as bending down or quickly turning? | yes | no |
| 3. Do you have any hearing loss? | yes | no |
| 4. Do you require assistance to walk, such as a person supporting you, use a walker or a wheelchair? | yes | no |
| 5. Do you have balance problems when you are walking or climbing stairs? | yes | no |