

Patient Name		
Date		

## Annual Senior Health Assessment Please answer each question to the best of your ability

Fall Risk	YES	NO
I have fallen in the past year		
I use or have been advised to use a cane or walker to get around safely		
Sometimes I feel unsteady when I am walking		
I steady myself by holding onto furniture when walking at home		
I am worried about falling		
I need to push with my hands to stand up from a chair		
I have some trouble stepping up onto a curb		
I often have to rush to the toilet		
I have lost some feeling in my feet		
I take medicine that sometimes makes me feel light-headed or more tired than usual		
I take medicine to help me sleep or improve my mood		
I often feel sad or depressed		
4 Yes points or more, there might be a risk for falling. Total Score		

PHQ-9				
	Not	Several	More	Nearly
Over the <u>last 2 weeks</u> , how often have you been bothered by any of the	at all	Days	than half	every
following problems?			the days	day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself- or that you are a failure or have let yourself	0	1	2	3
or your family down				
Trouble concentrating on things, such as reading the newspaper or	0	1	2	3
watching television				
Moving or speaking so slowly that other people could have noticed? Or	0	1	2	3
the opposite- being so fidgety or restless that you have been moving a				
lot more than usual				
Thoughts that you would be better off dead or of hurting yourself in	0	1	2	3
someway				
Total Score:	0			

If yes to <u>any</u> problems, how <u>difficult</u> have these problems made it for you to do your work, take care of things at home, or get along with other people? Not Difficult / Somewhat Difficult / Very Difficult / Extremely Difficult

For Healthcare professionals: Because this questionnaire relies on patient self-report, all responses should be verified by the clinician. A definition diagnosis should be made on clinical grounds, taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient. Be sure to exclude the effects of substance or medical condition that may better account for the symptoms. Health Assessment Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. PHQ-9 Developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499)