Falling is NOT a normal part of getting older!

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

If you answered “YES” to any of these key screening questions, contact your primary health provider (nurse practitioner, physician assistant, doctor, chiropractor, etc.) to schedule a fall risk assessment.

For more information about preventing older adult falls, please visit the South Dakota State Trauma Register website at doh.sd.gov/providers/ruralhealth/trauma/.