



Falls Screening Checklist

Screener Training:

- [Time Up and Go Video](#)
- [Chair Rise Exercise](#)

Prior to screening:

- Set up date/time/location
- Market to your audience
- Coordinate any needed volunteers to assist

Items Needed:

- Tape Measure
- Masking Tape
- Stop Watch/Phone with timer
- Standard arm-chair (non-rolling)
- Clipboards
- Pens
- Table
- 12-15 foot open space for the Timed-Up-and Go
- Hand sanitizer/any PPE recommended at the time of the screening
- Disinfectant Wipes

Screening Forms:

- [Staying Independent](#)
- [Timed Up and Go](#)
- [Chair Rise Exercise](#)
- [Algorithm](#)

Educational Brochures:

- [STEADI—Older Adult Fall Prevention](#)
- [ncoa- Falls Prevention for Older Adults](#)

Screening Set-Up:

- Set up chair against a wall
- Measure 10 feet from the chair marking the spot with a strip of tape on the floor
- Place printed forms Brochures on table

Screening Process:

- Have older adult complete the 2nd page of the Staying Independent Form
- Complete a Timed-up-and-Go (TUG) and/or Chair screen
- Follow STEADI Algorithm to identify Risk Level and provide brief education
- Refer to appropriate risk reduction class or activity