

# Fall Risk Screening Results

You scored at a low fall risk on our Falls Risk Screen

The American Geriatrics Society Guidelines recommend you participate in regular exercise that includes balance and strengthening exercises to keep your risk low and to maintain a high level of function. Based on your falls risk screening results, we recommend you consider joining a program specifically designed to improve balance and decrease fall risk such as Tai Ji Quan: Moving for Better Balance. Please see our current programs list. We can contact you as more programs develop.

# Falls Risk Screening Results

You scored at a moderate fall risk on our Falls Risk Screen

The American Geriatrics Society Guidelines recommend you participate in regular exercise that includes balance and strengthening exercises to lower your fall risk and to maintain a high level of function.

- Based on your falls risk screening results, we recommend you consider joining a program specifically designed to improve balance and decrease fall risk such as Tai Ji Quan: Moving for Better Balance or A Matter of Balance. Please see our current programs list. We can contact you as more programs develop.
- We recommend you share these results with your primary care provider and discuss the possibility of physical therapy.