

# ARE YOU AT RISK OF FALLING?



In upstate New York **3 in 10** adults ages 65 and older fell at least once in the last year **Could you be next?**

## Timed Up and Go (TUG) Test

If you're age 65 or older, check your risk of falling by taking this test. The TUG Test evaluates basic mobility skills.

### You'll need:



A stopwatch or watch with a second hand



A chair



A family member or friend to assist you

### How to do it:

Wear your regular footwear and use a walking aid, if needed. Mark a line 10 feet away from the chair on the floor. Sit back in the chair.



10 Feet

### When your assistant says "Go":



1

Stand up from the chair



2

Walk to the line on the floor at your normal pace



3

Turn around



4

Walk back to the chair at your normal pace



5

Sit down again

Your assistant should start timing on the word "go" and stop timing after you sit back down. While you walk, your assistant should stand between the chair and the line to help you, if needed.

If you take 12 or more seconds to complete the TUG Test, you're generally at a higher risk of falling.

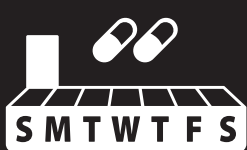
## Falls can be prevented

but in upstate N.Y. only **2 out of 5** adults ages 65 and older have taken action to reduce their chance of falling.

Talk with your doctor about your risk of falling and how you can prevent falls. Your doctor may suggest these actions:



Move more to improve balance and develop strength. **ALL MOVEMENT MATTERS!**



Review medication



Make your home safer by removing hazards and improving lighting



Have regular vision checks



Wear proper footwear