

## Fall risk assessment (for age 65+)

### 跌倒风险评估(65 岁以上)

- Have you fallen two or more times in the past year?  
在过去一年里你有没有跌倒二次以上?
- Do you have an unsteady walk and poor balance?  
你有没有走路不稳定和不平衡?
- Do you need to push with your arms to get up from a chair?  
你需要用你的手臂支撑才能从椅子上站起来?
- Do you need an assistive device such as a cane, walker or wheelchair?  
你有用辅助器具, 像拐杖, 助步器或轮椅?

If you answer yes to one or more above, you are at risk of falling and you need to take steps to prevent falls.

如果你对上述一个以上的问题回答是, 你有跌倒的风险, 你需要采取措施来预防.