Vermont Stay Steady Fall Risk Assessment & Intervention Algorithm

Step 1: Participant Questions
1. Do you feel unsteady when standing or walking?
2. Are you worried about falling?
3. Have you fallen in the past year?
   a. How many times?
   b. Were you injured?

Step 2: Evaluate gait, strength & balance
Timed Up & Go
30 Second Chair Stand
4 Stage Balance Test

Yes
Gait, strength, or balance problem

2+ Falls
Injury
High Risk
★ Educate participant
★ Refer to PT
★ Refer to MD

1 fall
No Injury
Moderate Risk
★ Educate participant
★ Refer to PT OR to community fall prevention program

0 Falls
No Gait, strength, or balance problems
Low Risk
★ Educate participant
★ Refer for strength & balance exercise via community fall prevention program