

# Falling is **NOT** a normal part of getting older!

- 1** Have you fallen in the past year?
- 2** Do you feel unsteady when standing or walking?
- 3** Do you worry about falling?

If you answered **“YES”** to any of these key screening questions, contact your primary health provider (*nurse practitioner, physician assistant, doctor, chiropractor, etc.*) to schedule a fall risk assessment.



For more information about preventing older adult falls, please visit the South Dakota State Trauma Register website at [doh.sd.gov/providers/ruralhealth/trauma/](https://doh.sd.gov/providers/ruralhealth/trauma/).