

# MINI FALLS ASSESSMENT

1. Less than 7 medicines
2. **Not receiving:**
  - Antipsychotics or
  - Antidepressives or
  - Benzodiazepines
3. Receiving Vitamin D or 25(OH) vitamin D level >25ng/ml
4. Systolic blood pressure >130 mm Hg
5. **No standing BP drop:**
  - On standing <10mmHg
  - At 3 min <20mmHg
6. Sitting with buttocks behind trunk
7. **Able to rise from chair:**
  - With assistance
  - Without assistance
8. **Balance:**
  - Center of balance not backward
  - Stand with eyes shut
  - Stand on one leg
  - No obvious body sway standing still
9. **Gait:**
  - Lifts foot off ground
  - Space between feet
  - Knee flexion
  - Heel strike
  - Step over keys
  - Turns without loss of balance
  - Doesn't stop when asked capital of country
10. No fear of falling
11. No foot deformity
12. No cataracts nor bifocals
13. Not fatigued
14. Can walk one block
15. Can climb one flight of stairs
16. Not lost >5% of weight in 6 months