**What are the Key Indicators for an Unintended Fall**

What are the key indicators that predict an unintended fall?

1. Lack of leg strength
2. Neurological diseases
3. Depression
4. Lack of movement/activity
5. Unfamiliar surroundings
6. Single leg balance

**Lack of Leg Strength**

* Is it difficult to get out of chairs, cars or toilet seat
* Decreases mobility, leads to less social activity (impact on brain)
* Harder to shower and use the toilet

**Neurological Diseases**

* Parkinson’s, Alzheimer’s, Dementia
* What happens in the brain

**Depression**

* Shrinks the brain
* Little socialization
* Less movement

**Lack of movement/activity**

* Common myth (less you move, less chance to fall)
* Muscle atrophy (leads to weakness)

**Unfamiliar surroundings**

* Vacations (story of Mt. Vesuvius and head injury that lead to death)
* Staying with family/friends over the holidays

**Single leg balance**

* The British Journal of Sports Medicine’s report on SL Balance