***Instructions for the proper use of the Falls/Near Falls Diary***

* ***What is a fall?***
	+ ***When an individual unintentionally comes to rest on the ground or floor.***
* ***What is a near fall?***
	+ ***An occasion in which an individual felt that he/she was going to fall but did not.***
* ***What do I need to keep track of?***
	+ **Type: *what kind of incident occurred: a Fall (F) or a Near Fall (N)***
	+ **Date: *the calendar day in which the incident occurred***
	+ **Time: *the time of day in which the incident occurred***
	+ **Location: *where the event occurred (home, outside, inside, e.g.)***
	+ **Activity: *what you were during when the incident occurred (walking, standing, sitting, transferring, stairs, e.g.)***
	+ **Comments Section: *add additional information about the incident, such as; if injuries occurred, if you were using an assistive device, or if anyone else was involved etc…***



Instructions: Write F (fall) or N (near fall) directly on the calendar dates to indicate an incident occurred. Then record the details of the incident on the extra pages attached.



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**Details of Falls and Near Falls**

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| --- | --- | --- | --- | --- | --- |
| **Type** | **Date** | **Time** | **Location** | **Activity** | **Comments** |
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| **Type** | **Date** | **Time** | **Location** | **Activity** | **Comments** |
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