

## Completing your Falls Calendar

Throughout the TeleFFiT study we will be collecting information on any falls you experience over the 12 months. We have provided you with a 12-page calendar on which to record any falls you may experience each day. The calendar should sit on your fridge, as a reminder to complete it – if you happen to go away, please take the calendar with you!

When deciding if you have had a fall, consider the following definition of a fall: **When you unintentionally come to the ground or some level from where you are standing, and not as a result of sudden paralysis, epileptic seizure or overwhelming external force.**

You should only record trips, slips and stumbles that lead to your falling onto the ground. If someone bumps into you and you fall over, DO NOT record this fall on the calendar.

Attach label here.

Reply paid details here.

August

SUN	MON	TUES	WED	THURS	FRI	SAT
1 X	2 X	3 X	4 X	5 X	6 X	7 X
8 X	9 X	10 ✓	11 X	12 X	13 X	14 ✓
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2021

At the end of each day, mark the appropriate date on the calendar with either:

- ✓ If a fall occurred; turn the sheet over and answer the questions on the back.
- ✗ If no fall occurred

At the **end of the month**, **detach the calendar** for that month. Before returning your calendar to us, please complete the online Falls Questionnaire (which is emailed to you every month) by copying any falls information from the back of your calendar. Return it to us by folding it and securing it with tape. Please then **mail it** back to us regardless of whether you had a fall. **No Postage stamp is needed.** We will call you for more information if required.