

## **Self Quiz for Dizziness and Balance Problems**

Do you get a feeling of motion, spinning or falling when moving your head quickly or changing your position, like getting in and out of bed?

Are you uncomfortable trying to move around in the dark?

Do you feel off-balance when walking down aisles and hallways?

Do your feet sometime not go where you want them to go?

Do you ever experience a fear of falling or stumbling?

Do you ever experience a sense of unsteadiness? A feeling that you are not sure-footed?

Do you ever experience a fear of falling or stumbling?

Does looking at moving objects such as escalators, walking down a grocery aisle or looking out the side window of a car make you queasy?

Do you have difficulty keeping your balance as you walk on different surfaces, like walking from a tile floor onto carpeting?

Do you ever have the feeling that you are drifting or being pulled to one side when you are walking?

Do you feel like others do not understand your symptoms of unbalance or dizziness?

*Information was obtained from The American Academy of Audiology Feeling Dizzy? brochure. For more information visit the following website [www.howsyourhearing.org](http://www.howsyourhearing.org).*

*American Academy of Audiology  
800-AAA-2336  
[www.audiology.org](http://www.audiology.org)*