

# Partners in Your Safety

# For more information on Fall Prevention...

# Taking Steps to Avoid Falls

## How can you prevent a fall?

- Use your prescribed mobility aids when you are getting up or moving around.
- Regular exercise is important so you can stay healthy and strong and keep yourself moving safely. Ask us to show you exercises that you can do on your own or with supervision.
- Keeping yourself mobile/walking while in hospital helps to prevent loss of strength/balance caused by prolonged bed rest.
- Rest after short periods of time so your body will have time to recover.
- Avoid wearing slippers-socks. You should ensure your slippers fit properly and have non-slip soles.
- Make sure the area around you is not cluttered and that you can move around easily.
- Ensure there is adequate lighting day and night when you are moving around your room.



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## OUR VISION

*Our People, Our Communities-Healthy Together*

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## Are you at risk of falling?

- Your safety is our priority. We have fall prevention programs suited to your individual needs. The Falling Star Program is a visual cue (see image below) that let's staff, family and visitors know that you are at a high risk of falling. A star will be placed in your room or on any mobility device (wheelchair, walker etc.).
- Your health care provider can teach you ways to reduce your chances of having a fall.
- We hope that you will ask us questions, and if necessary, involve your family and friends.



## Did you know?

- Falls are the cause of 73% of all injury related hospitalizations.
- 95% of all hip fractures in seniors are the result of a fall.
- 40% of the admissions to nursing homes are because of a fall.
- When it comes to injuries, people over 65 are usually admitted to hospital because they fell.

Hip Protectors



## Why do your chances of falling increase as you age?

Some reasons include:

- Poor eyesight
- Being unsteady on your feet
- Health problems such as: Osteoporosis (weak bones), Arthritis, Parkinson's Disease and side effects from medication



## Safety considerations

- Do you need assistive devices or protective equipment/clothing (such as a cane or hip protectors) to ensure your safety when you are moving about.
- Can you do things safely on your own? (such as dressing, washing yourself, walking, and going to the bathroom).
- Are you taking medications that increase your risk of falling?
- Do you have special bladder or bowel needs?

- How is your general health? (some people have illnesses or conditions that increase their risk of falling).
- What do you need for your everyday care to ensure you are safe? Some examples may include: a call-bell, walking aids, supplies for your bedside table, clutter-free surroundings, your bed in proper position with brakes on.

## How can you prevent a fall?

- If you need glasses and/or an hearing aid, please use them.
- Before you settle into bed, make sure you can reach the things you will need to get out of bed, such as (a call-bell, a chair or walker).
- Use the grab bars.
- Know how your medications affect you. Some medicines can make you sleepy or dizzy.
- Rise slowly from your bed or chair when you are getting up. This will keep your blood pressure from dropping suddenly. If you get dizzy, sit for a few minutes and call for help.
- If you have a walking aid (such as a cane or walker), make sure it is in good working condition. Be sure you know how to use it properly and bring it into the hospital to assist your team in mobilizing you safely.
- Eat nutritious foods to help your bones stay healthy. Canada's Food Guide is a great resource. You can request a copy from your health care provider or view online by visiting [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)