

Falls Prevention



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What You Need To Know to be Safe

If a fall happens inside the building:

Call for help and try to stay calm. A nurse will assess your condition.

If a fall happens on an outing:

Call for help and try to stay calm.

Take control. Plan ahead.

Your care team will work with you to identify things that may put you at risk of falling.

Together, we will discuss ways to help you reduce your chance of falling (or reduce your chance of an injury if you fall).

Remember your fall prevention strategies:

1. Wear non-slip shoes that fit well
2. Avoid slippery, wet, or uneven surfaces
3. Wear your glasses or hearing aids
4. If recommended, use a cane or walker
5. Discuss medications with your doctor if they make you feel dizzy or drowsy
6. Eat a well balanced diet

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Do you know the risk factors for a fall?

As the number of risk factors increase so does the risk for a fall. They include:

- Changes in strength, balance & mobility
- Changes in medication
- A history of falls or a fear of falling
- Illness or disability
- Visual impairment
- Inadequate nutrition or hydration
- Agitation
- Engaging in risky behaviors
- Inappropriate footwear/clothing
- Resistance to or improper use of assisted devices
- Lack of sleep
- Low blood sugar
- Drop in Blood pressure

Environmental Factors may also play a role.

Be aware of tripping hazards including:

- Poor lighting
- Slippery or uneven floors
- Noise
- Clutter.

For more information please contact:

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