

# Partners in Your Safety

# For more information on Fall Prevention...

# Taking Steps to Avoid Falls

## How can you keep from falling?

- Exercise is important so you can stay healthy and strong and keep moving. Ask us to show you exercises that you can do on your own or with supervision.
- Rest after short periods of time so your body will have time to recover.
- Wear slippers - socks can be slippery! Your slippers should fit properly and have non-skid soles.



- Make sure the area around you is not cluttered and that you can move around easily.
- Insure there is adequate day and night lighting.

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## OUR VISION

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible.



## Are you at risk of falling?

- Western Health cares about your safety. We have fall prevention programs suited to your individual needs.
- We can teach you ways to reduce your chances of having a fall, but we need your help.
- We hope that you will ask us questions, and, if necessary, involve your family and friends.
- This information brochure will give you some tips on how to stay safe.

## Do you know?

- Falls were the cause of 57% of all injury related hospitalizations.
- 90% 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 admitted to hospital usually because they fell.
- Falling is also the most frequent type of safety occurrence in our hospitals and nursing homes.



## 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.



## Things we will consider when we help you make your plan for safety.

- Do you need assistive devices or protective equipment/clothing (such as a cane or hip protectors - see photo) 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 (some examples: a call-bell, walking aids, supplies for your bedside-table, clutter-free surroundings, your bed in proper position with brakes on)?

## How can you keep from falling?

- 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 when you go to the bathroom (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.
- Include nutritious foods in your daily diet to help your bones stay healthy. Here are some examples:
  - Calcium (dairy products, broccoli)
  - Vitamin A (carrots, yellow or orange fruit or vegetables)
  - Vitamin C (citrus fruits, tomatoes)
  - Vitamin D