

FALL PREVENTION INFORMATION GUIDE

Preventing falls is everyone's business

Your health and safety are important to us. We are striving to reduce the number of falls and fall related injuries by identifying risks and working with you to reduce these risks.

FACTS ABOUT FALLS

- 1 in 3 older adults will have a fall each year. Of those, 1/2 will fall repeatedly
- One quarter of older adults that break their hips have to leave their homes because they do not fully recover.
- Falls are responsible for over 40% of admissions to nursing homes.
- Falls are the #1 cause of head injuries and broken hips.
- About 1/4 of people ages 50 and older with a broken hip will die within a year.
- Women are 3x more likely than men to be hospitalized from a fall

TYPES OF FALL RISK FACTORS

Most falls result from a number of risk factors:



1) Physical

Changes in your body that increase your risk for a fall.
Eg, poor vision, poor balance, muscle weakness.



2) Behavioral

Things we do or don't do that increase our fall risk.
Eg fear of falling, poor physical activity.



3) Environmental

Hazards in our home or community.
Eg poor lighting, no grab bars.

HIGH RISK FACTORS FOR FALLS

- Aged 80 years or older
- History of falling
- Vision/Sensory impairment
- Balance problems
- Weakness in legs
- Medical history (frail/confused)
- Health conditions such as Parkinson's, Arthritis, Diabetes, Depression, Dementia.
- Poor footwear
- Urgent need to go to the bathroom
- Home environment cluttered
- Taking more than 4 medications daily
- Medications that cause drowsiness or drop in blood sugar

POTENTIAL FALL HAZARDS

- Throw rugs, loose carpets
- Electrical Cords
- Door Sills
- Snow/Ice on sidewalks
- Pets that get underfoot
- Clutter or obstacles in walkways
- Lack of handrails, grab bars
- Poor lighting
- Lack of rest areas
- Low couches, chairs, beds, toilets
- Spills
- Uneven flooring

WHAT YOU CAN DO

- Participate in strength and balance activities
- Clear debris and clutter from floors/hallways/walkways
- Take 1000IU of vitamin D daily
- Have your vision checked regularly
- Use hip protectors, non-slip socks, wheelchair/walking aid
- Wear well-fitting footwear (flat heels, rubber soles and lace up shoes)
- Use nightlights in the bathroom and hallway
- Ask your doctor review your medications regularly
- Do not rush when going up/downstairs
- Ask for help with tasks that you feel you can't do safely
- Use non-slip bath mats or strips; grab bars, bath bench, hand-held shower head in bath tubs and showers. Use a non-skid bath mat outside of the tub



HOW TO PREVENT FALLS



In the Bathroom

- Install a bath bench
- Ensure there are grab bars available
- Use non-slip bathmats or strips
- Have a hand-held shower head in the bathtub

Clothing & Assistive Support

- No loose clothing
- Footwear that fits correctly
- Crutches, canes and walkers that have non-skid tips
- Lock wheelchair brakes when transferring an individual



Keep Floors Clear

- Secure cords with tape against the wall and keep out of high-traffic areas
- Remove any clutter that could cause a trip
- Use handrails on stairs

Be Safe Outside Too!

- Be aware of conditions (snow, ice, rain)
- Keep an eye out for uneven sidewalks
- If dark, carry a flashlight or wear a headlamp
- Take it slow, take precautions, assist with mobility.



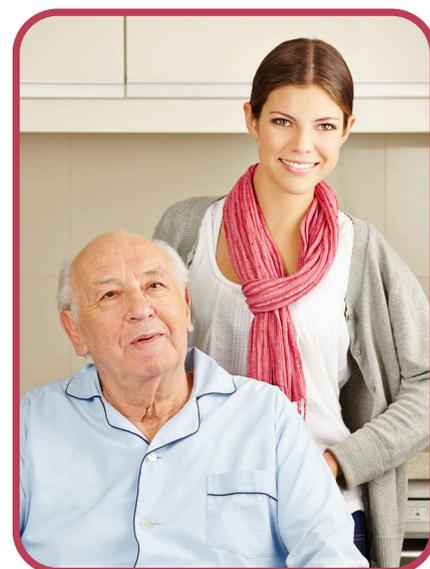
OUR CLINICAL NURSE SUPERVISORS

- Provide an assessment & a nursing diagnosis
- Create and implement a plan to help decrease falls
- Uses the Falls Risk Assessment form in AlayaCare to determine the level of risk
- This form includes:
 - Determining your Level of Consciousness/Mental state
 - Understanding your history of Falls (past 3 months)
 - Ambulation/Elimination Status
 - Vision Status
 - Gait and Balance
 - Orthostatic Changes
 - Medication list
 - Predisposing Diseases
 - Equipment use.
- Complete a Home Safety Risk Assessment to identify fall hazards.
- Update your profile on AlayaCare so that our staff is aware and can provide consistent and safe care.



OUR HEALTH CARE WORKERS

- Undergo training to reduce the risk of falls and to help in a situation if a fall has occurred
- Help decrease the risk of falling by communicating any health status changes, safety concerns, or current falls to the Clinical Nurse Supervisor. They do this verbally and through charting. If there is a fall the HCW fills out an Incident Report and the Clinical Nurse Supervisor follows up to understand more about the situation and promotes ways to prevent the same situation from happening.
- Classic LifeCare works with community partners and includes the interdisciplinary team to work together to provide quality care to you.





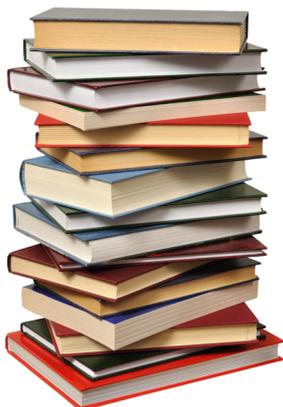
- If you do fall...do not ignore it or put it down to "just clumsiness or rushing".
- Talk to your doctor about the fall to rule out any medical problems that caused the fall.
- Look for a fall prevention program in your senior resource community.



WATCH THE FOLLOWING FALLS VIDEOS:



- o [Fall Prevention: Kitchen Safety](#)
- o [Fall Prevention: Outdoors](#)
- o [Fall Prevention: Bathroom](#)



Resources:

www.health.gov.bc.ca

[Are you at risk of falling?](#)

[Fall Prevention VCH](#)

[Finding Balance BC](#)

[Canadian Patient Safety Institute \(2020\). Falls.](#)

[Reducing Falls and Injuries from Falls](#)