

Fall prevention

Falls can have a serious effect on a person's physical health and mental wellness. While we cannot always stop falls from happening, at Jeffery Hale – Saint Brigid's, we are committed to doing everything in our power to limit the risk of falls as much as possible.

Along with the care team, we invite you and your loved ones to be part of our Prevention of Falls and Fall Injury Program. Our interdisciplinary team evaluates each new resident and their living space, and then adjusts the plan as needed on a regular basis.

Our Prevention of Falls Program supports your quality of life, your autonomy and your dignity. Our team seeks to create the least restrictive and safest care setting possible, tailored to your needs. We need your help, and that of your loved ones, to make sure that the strategies we put in place will be effective.



Questions?

Our care team and the various health professionals working with you are available to answer any questions you may have about fall prevention.



Inspired by these documents:

Safer Healthcare Now! (2010) Reducing Falls and Injuries from Falls. Getting Started Kit.

RNOA (2005). *Prevention of Falls and Fall Injuries in the Older Adult*

CSSS Jeanne-Mance (2009). *La prévention des chutes - Guide pour le résident et ses proches.*

Aussi disponible en français.

February 22, 2013



Fall Prevention Information for Clients and Their Families



Prevention of Falls and Fall Injuries Program



Quality • Safety • Compassion



Main risk factors for falls

- A fall in the previous six months
- Decreased vision
- Impaired balance or gait
- Bladder issues (urgent need to urinate, incontinence, frequent trips to bathroom at night)
- Certain medications (e.g. sleeping pills, pain medication, blood pressure medication)
- Vertigo and dizziness
- General weakness
- Changes in mental status (e.g. memory, depression, severe confusion)



Simple ways to prevent falls

- Wear safe clothing
 - Avoid loose-fitting clothing that is too big or too long
- Wear appropriate shoes
 - Closed shoes
 - Skid-free soles
 - 1 to 1½ inch heels
- If you wear glasses and hearing aids, make sure you use them
- Always take your time when you get up
- Use the side of your bed or armrest as support when you get up
- Always use your mobility aid (cane, walker, etc.)
- Keep your living space free of clutter so you can move safely
- Do not take any medications other than those prescribed to you without first telling your nurse or doctor (this includes over-the-counter natural products)
- Tell your nurse or doctor if you experience vertigo or dizziness

Preventing falls is everyone's business!

At Jeffery Hale – Saint Brigid's (JHSB), all employees, volunteers, users and family members play a vital role in preventing falls and fall injuries. Sometimes by simply noticing an act or object that poses a fall risk and then correcting it can help create a safer care setting for you and others.

What if I fall?

Stay calm and ask for help!

All of our staff members have received training on how to respond in the event of a fall. Nurses are qualified to evaluate your condition and act quickly. They will advise your doctor and family members right away and take steps to ease your pain and help you keep your autonomy. They can also refer you to another health professional when needed.

If you are home alone and you fall, start by checking if you are injured, then try to get up slowly. If you are unable to do so, crawl to the telephone to call for help. Make yourself as comfortable as you can be as you wait for help to arrive.