

## What can you and your family do?

1. Share your concerns or fears about falling
2. Call for help whenever you are worried about moving, especially at night or when you feel dizzy or light-headed
  - Your family can help by making sure the call bell is within your reach
3. Get up slowly after eating, lying down, or resting
4. Wear non-slip footwear
5. Wear glasses and hearing aids, when applicable
6. Consider staying with your loved ones
7. Some medications may have side effects. If you notice any new symptoms in your family member, please notify the healthcare team
8. Notify the healthcare team before leaving if your loved one requires increased supervision

## How to keep safe at home:

- Eat healthy and well balanced meals
- Take medications as prescribed
- Consider taking a supplement of Vitamin D (at least 800 IU/day)
- Ensure you have adequate lighting, especially at night
- Remove tripping hazards in your home
- Use recommended walking aids
- Participate in regular physical activity

There are **FREE** programs in the community to help you prevent falls.

Contact the Local Health Integration Network (LHIN) for more information about falls prevention and exercise classes near you. **1-800-810-0000**

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# Patient and Family Information:

# Falls Prevention and Management

(Revised May 2018)

### ***Our pledge to you:***

*We at Joseph Brant Hospital are committed to preventing and minimizing injury from falls in hospital.*

*We create an individualized care plan that reflects each patient's unique needs. The following guide can assist in identifying the interventions most appropriate for you or your loved one.*

Discuss the information in this pamphlet with your healthcare provider and ask them what puts **you** at risk for falls.

You, your family, & the healthcare team will create a plan to help prevent falls and minimize injury from falls.

## **Your Fall Prevention Care Plan**

- Fall prevention education
- Call system within reach
- Personal items within reach
- Walking aids/commodes accessible
- Non-slip footwear/socks
- Encouragement to stay active
- Reminders to change position slowly

### **Other Interventions May Include:**

- Star magnet on your communication board to let staff know you are at risk of falling
- Yellow wristband to let staff know you are at a higher risk of falling
- Scheduled trips to the bathroom
- Help with getting out bed
- Increased supervision
- Bed alarms for additional safety
- Chair alarms for additional safety
- Nutrition consult with Dietitian
- Review of medications with Pharmacist

## **What increases the risk of injury from a fall? “ABCs”**

**Age** over 85

**Bone disorders** (e.g. osteoporosis, cancer related bone changes)

**Coagulation disorders** (e.g. bleeding, anticoagulant/blood thinner use)

**Surgery** (specifically chest or abdominal surgery or lower limb amputation)

## **How can injury from a fall be minimized?**

- Keep the bed at an appropriate height for your level of mobility
  - We want you to feel safe & maintain your independence
- Floor cushion(s)
  - Padded mats may be placed beside your bed at night
- Hip Protectors
  - Undergarments with hip padding (available for purchase)