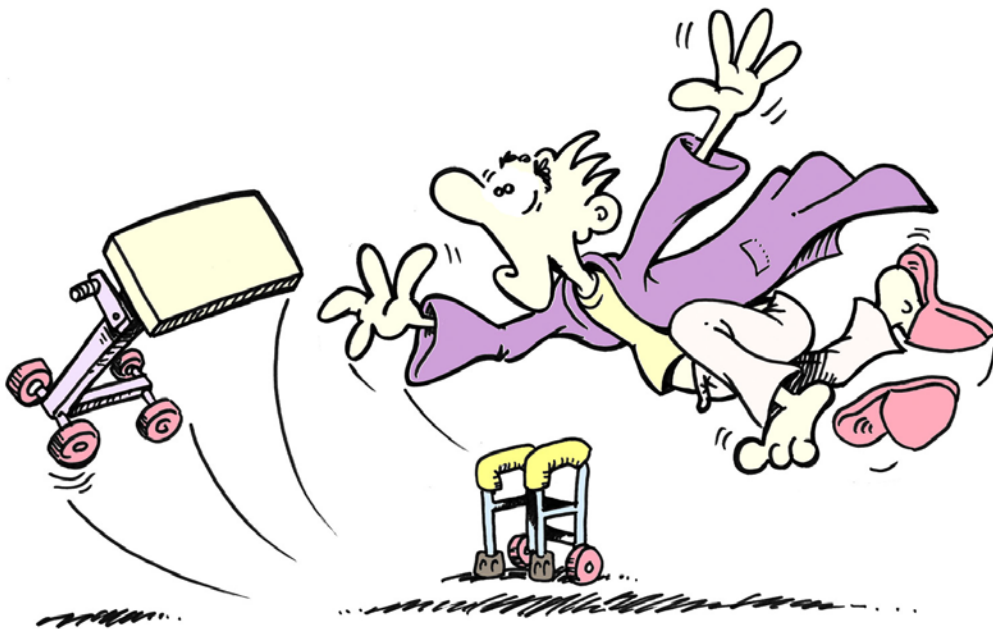


Tips for reducing your risk for falls



While you are here with us in the hospital.

Always wear your glasses and
hearing aid while awake!

Why are falls a major concern in the hospital?

Falls lead to injury and loss of independence. 1 in 3 people who have fallen in the past few months will likely fall again.

Am I at risk for falling?

If you can answer yes to any of these questions you are at risk for falling.

- Have I ever fallen or lost my balance?
- Do I ever feel unsure or unsteady when I walk?
- Have I stopped doing things because I am afraid of falling?
- Are you confused at times?
- Am I taking medications for pain?
- Am I taking new medications that make me feel sleepy, dizzy, light headed or weak?

Here are some ways to help you to reduce your risk for falling and help you maintain your independence:

Get to know your room

Look for:

- ✓ the call bell, make sure it is within reach
- ✓ the bedrail, there is at least 1 bedrail down
- ✓ overhead light switch, the cord is within your reach

Be safe in your room

- Know your way to the bathroom! Map out a safe, clutter-free path to the bathroom.
- Use the grab bars if available.
- Call for help when getting up until we feel you are safe to do this by yourself.
- Ask for help to clean up spills or to pick up items you may have dropped such as tissues and clothes.
- Do not lean on overbed tables with wheels.
- Keep frequently used items such as the phone nearby.
- Use a “reacher” for hard to reach items.

Clothing

- Should be easy to put on. Many people wear sweat pants.
- Shoes should have good support, fit well, and have rubber soles.

Wear your glasses and hearing aids when awake.

Get up safely

- Ring the call bell for help when getting up until we all decide it is no longer necessary.
- If you feel lightheaded or dizzy when you sit up from lying down, pump your feet until the feeling goes away.
- Get up slowly.
- Make sure your feet are flat on the floor before standing.
- Sit down right away if you feel dizzy.

To keep yourself safe

- Do not walk around in regular socks. Wear non-skid or socks with rubber on the bottom.
 - Do not rush to the bathroom or to answer the phone. It is hard to concentrate on being safe when rushing and this is when most falls happen.
 - Don't wait until the last minute to get help to go to the bathroom.
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Equipment

- Keep your wheelchair, walker or cane nearby, so you do not have to reach for them.
- Lock your wheelchair or walker brakes before you begin to stand up or sit down.
- Lock brakes when not in use.

Participate

- Take an active part in your rehabilitation plan. We will discuss your plan and progress with you.
- Working on your strength, flexibility, and endurance are key ways to prevent a fall!

Wear your glasses and hearing aids when awake.