

TOP 10 TIPS FOR PATIENTS TO PREVENT FALLS



1. Ask a member of your healthcare team to place the call bell and personal items **within your reach** before they leave the room

2. **Use the call bell** when you are in need of any help!



3. Always ask a member of your healthcare team for help to and from the washroom. This is very important if you are unsteady or not feeling well

4. For your safety, a member of your healthcare team may stay with you in the washroom



5. If you take medicine that causes you to go to the washroom frequently, plan washroom trips with your healthcare provider. Consider using a **commode or urinal**. Ask for help when you need to get up!



6. Some **medications** may cause you to feel **dizzy or sleepy**. Take your time when getting out of bed or a chair – sit at the edge of the bed first; **gradually stand up** when you feel clear-headed and ready to get up



7. Wear **non-slip footwear** such as running shoes or non-slip socks when you are up

8. Wear your **glasses and/or hearing aids** when you are awake



9. Walkers and canes can provide some support—other items do not. **DO NOT lean** on the bedside tables, furniture, wheelchairs, IV poles or other items to steady your balance

10. Please tell a member of your healthcare team if you have any **concerns about your safety!**



FALLS PREVENTION TIPS FOR FAMILY AND FRIENDS



YOU - family and friends – are an important part of the healthcare team!

Families are a key member of the team as **you know your family member best**. Please read the information in this fact sheet so you can remind your family member or friend of how to prevent falls and support their care while in hospital

The healthcare team identifies patients who may be at risk for falling with a yellow wristband and special signage

Speak up about safety concerns to your healthcare team. This includes information about the risk of falling, or a recent history of a fall, slip, or near falling



You can also do the following:

- ✓ Notify the healthcare team if your loved one is in pain, feeling weak or dizzy
- ✓ Help monitor loved ones who need constant supervision. We may ask you to stay with them if they are confused or at a high risk of falling
- ✓ Work with the care team on a communication plan when needed (ex. arranging for translators or helping staff create a word list)
- ✓ Bring in required items such as glasses, hearing aids, non-slip footwear and walking aids, and label your loved ones name
- ✓ Notify a member of the healthcare team if your loved one has to use the washroom, or before leaving
- ✓ Remind your loved one to ask a member of the healthcare team for help when getting up

FALLS ARE PREVENTABLE - WE CAN ALL HELP REDUCE THE RISK!

If you have any questions, please ask a member of your healthcare team