

POTENTIAL HAZARDS

- Throw rugs, loose carpets
- Electrical cords
- Door sills
- Slippery floors, shower stalls or baths
- Pets that get under foot
- Uneven, cracked pavement
- Snow/ice on sidewalks or steps
- Unsafe stair design
- Lack of handrails and grab bars
- Clutter or obstacles such as furniture in pathways
- Poor lighting and glare
- Lack of rest areas
- Low couches, toilets and chairs
- Use of restraints

Your health and safety
are important to us.

We are committed to reducing
the risk of falls and fall-related
injuries, while minimizing the use of
restraints in our health care facilities.

***Together we will reduce
the risk of falls and
fall-related injuries.***

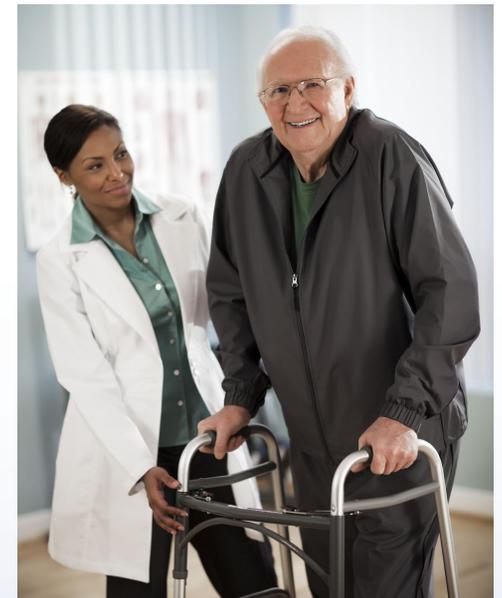
**Ask the staff if you have any
questions or concerns.**

This brochure was developed for use
throughout Interior Health, based upon a
brochure developed by Brookhaven Care
Centre.



Interior Health

Fall Prevention In Residential Care



Preventing Falls is Everyone's Business

FALL FACTS

- Falls are the #1 threat to resident safety in Interior Health
- 51% of residents in care homes fall every year
- Falls are the #1 cause of head injuries and broken hips
- More than 85% of facility residents who have a broken hip will **not** regain their pre-injury walking ability
- About one quarter of people aged 50 and over who have a broken hip will die within 12 months

ARE YOU AT RISK?

- History of falling
- Weakness in legs
- Balance problems or difficulty walking
- Urgent need to go to the bathroom
- Slippery or poor-fitting footwear
- Vision problems
- Confusion
- Taking more than 4 medications daily
- Taking medications that cause drowsiness or a drop in blood pressure
- Age 80 or over
- Recent illness, such as bladder infection or cold/flu
- Health conditions such as Parkinson's disease, depression, arthritis, stroke, dementia, diabetes

WHAT CAN YOU DO?

- Take part in strength and balance activities
- Take 1000 IU of vitamin D daily
- Clear clutter and tripping hazards from floors
- Wear well-fitting, supportive footwear with flat heels and rubber soles
- Get professional footcare for corns, calluses and problem toenails
- Use hip protectors, non-slip socks, wheelchair or walking aid as recommended by your health care team
- Have your vision checked every year and maintain eyeglasses
- Ask your doctor or pharmacist to review your medications
- Support the reduction and elimination of restraints: research shows that more serious injury occurs to people who fall when they have been restrained