

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 in pathways
- Poor lighting and glare
- Lack of rest areas
- Low couches, toilets & chairs

***Ask your health care team
for more information
about home safety***

Your health and safety
are important to us.

We are striving to reduce
the number of falls and
fall-related injuries by identifying
risks and working with you
to reduce these risks.

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

This brochure was developed for
use throughout Interior Health by
the Community Care Fall Prevention
Community of Practice.



Interior Health

Fall Prevention In Community Care



Preventing Falls is Everyone's Business

FALL FACTS

- 1 in 3 older adults will have a fall each year; of those that fall, half of them will fall repeatedly
- One-quarter of older adults who break their hips have to leave their homes because they do not fully recover
- Falls are responsible for 40% of admissions to nursing homes
- Falls are the #1 cause of head injuries and broken hips
- About one quarter of people ages 50 and over who have a broken hip will die within 12 months

ARE YOU AT RISK?

- Weakness in legs
- History of falling
- Balance problems or difficulty walking
- Slippery or poor-fitting footwear
- Urgent need to go to the bathroom
- Vision problems
- Taking more than 4 medications daily
- Taking medications that cause drowsiness or a drop in blood pressure
- Age 80 or older
- Confusion
- Recent illness
- 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
- Wear well-fitting footwear; flat heels, rubber soles and lace-up shoes are best
- Use hip protectors, non-slip socks, wheelchair or walking aid as recommended by your health care team
- Clear clutter and tripping hazards from floors
- Use night lights in the bathroom and hallway
- Have your vision checked every year and maintain eyeglasses
- Ask your doctor or pharmacist to review your medications