

Working Together to Prevent Falls

BEING SAFE AT HOME

- **Take your time**, don't rush when walking or getting up
- Keep **stairs** and **walkways** free of clutter, ice or snow
- **Use hand rails and grab bars** to keep steady
- **Balance your body** through good nutrition, hydration, and gentle stretching exercises
- **Get your sight checked** regularly
- **Know what you are taking**: talk to your pharmacist or doctor as some medications may make you prone to dizziness and falling
- Choose well-fitting, sturdy shoes
- **Light up** your hallways, stairs, and walkways!
- **Check your home** for **slipping and tripping hazards**
- **Ask for help** if you are worried about falling

It takes a community to prevent a fall. We all have a role to play. That's the main message during Fall Prevention Month.

Falls are the leading cause of injury among older adults in Canada. Each year, up to one-third of seniors experience a fall.

Falls can result in chronic pain, reduced mobility, loss of independence and even death.

The good news is that falls can be prevented — both at home and while in the hospital. The care teams at Almonte General Hospital, Fairview Manor and Carleton Place & District Memorial Hospital are working with patients, residents and families to keep everyone safe.

Here are some tips for taking care of yourself, both at home and while in the hospital. For details on local falls prevention classes, please visit <http://bit.ly/fallspreventionclasses>.

BEING SAFE AT THE HOSPITAL

- **Share any and all fears or concerns** you have about falling with your healthcare team
- **Call for assistance** if you are concerned with moving about, especially at night or if you feel dizzy, weak or unsteady
- **Get up slowly** after eating, lying down, or resting
- **Wear proper footwear**: such as supportive running shoes or slippers with heel support and tread
- **Ensure clothing or belts do not drag on the floor**
- **Wear glasses and/or hearing aids** as needed
- **Take medications** as prescribed
- **Use recommended walking aids** for support
- **Minimize clutter in your room** and avoid over-reaching for things such as the phone