

PREVENTING FALLS IN HOSPITAL

INFORMATION FOR OLDER ADULTS, FAMILIES, AND CAREGIVERS



WHAT ARE THE RISKS OF **FALLS**?

Falls are the leading cause of injury in Canada for older adults, but are largely preventable.



**OLDER
CANADIANS FALL
EACH YEAR**



**PATIENTS FALL AT
LEAST ONCE DURING A
HOSPITAL VISIT**



**OF THOSE WHO
FALL ARE SERIOUSLY
INJURED**

AM I AT RISK FOR A **FALL**?

There are many reasons you may be at risk for a fall. Ask yourself these questions and let our staff know if any of the following things apply to you:

- Have you had a fall in the last 6-12 months?
- Do you ever feel dizzy?
- Do you lose your balance?
- Do you have weak muscles/stiff joints?
- Do you have problems seeing or hearing?
- Do you have foot problems?
- Are you short of breath?
- Do you take 4 or more medications a day?
- Do you drink alcohol?



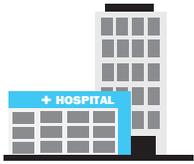
Sinai Health System

HEALTHY AGEING AND GERIATRICS

PREVENTING FALLS IN HOSPITAL

If you are staying with us at the hospital, your safety is important to us. There are many things our staff and you can do to prevent falls from occurring.

DURING YOUR STAY, WE WILL:



SHOW YOU AROUND YOUR ROOM, BATHROOM, AND NURSING UNIT:

- We will make sure you know exactly where things are and who to ask for assistance.



KEEP YOUR PATH CLEAR BY:

- Making sure your room, doorway and hallway are free of objects that could cause you to trip and fall.
- Making sure you have enough light to get around.
- Keeping your bed low to the floor with the breaks on.
- Helping you move if you have IV lines or other tubes attached to your body.



KEEP IMPORTANT THINGS WHERE YOU CAN REACH THEM:

- Personal items such as eye glasses, hearing aids, and walking aids.
- Equipment including your tray table, telephone, and call button.
- Food and Drinks.

IF YOU ARE COMING TO THE HOSPITAL FOR AN APPOINTMENT

If you are coming to the hospital for an appointment and don't know where to go, ask a volunteer or staff member to assist you and they will provide you with directions if needed. You can avoid falling while in the hospital by doing the following:



BRING IMPORTANT ITEMS WITH YOU

If you use eye glasses, hearing aids, a cane, walker, or wheelchair, bring them with you to walk and move around more easily.



BORROW A WHEELCHAIR

If you don't have your own wheelchair and need one, you can usually find them at the main entrances of the hospital. If one isn't present, ask us to get you one.



TALK TO OUR STAFF OR VOLUNTEERS

When you arrive at a clinic or testing centre, let the receptionist know if you use a cane, walker or wheelchair. Let them know if you need help getting on and off exam tables or other hospital equipment.



DON'T LEAN ON FURNITURE

Do not lean on tray tables, bedside tables, or any furniture as most hospital equipment have wheels which can easily slip away on you.

Call for help if you ever feel weak, dizzy or have pain or think you may fall.