

# 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