



Falls Management:
Many falls can be prevented.
Many injuries can be prevented or decreased.

**Please note: This pamphlet does not include
all risk factors or all tips to prevent a fall.**

This pamphlet is updated from the
Winnipeg Regional Health Authority:
*Staying on Your Feet:
A Checklist to Help you
Prevent Falls, 2015.*

For more information, please contact your:
Doctor, Health Care Provider or Home Care Case Coordinator

Home Care Case Coordinator Information

CC - Attach
Southern Health-Santé Sud
Business Card

A copy of this publication is available in French upon request. /
La version française de la publication est disponible sur demande.

FALLS PREVENTION

A Checklist for You & Your Family

*“Together Leading the Way
for a Healthier Tomorrow”*

*Together leading the way for a healthier tomorrow.
Ensemble vers un avenir plus sain.*

Fall Facts Did You Know:

- Everyone is at some risk of falls but as we age our risk increases.
- If you or someone close to you is 65 years or older, the chance of a fall is one in three and that risk increases to one in two for people over the age of 80.
- Injuries caused by falls are the #1 reason for injury hospitalizations for persons 65 years of age and older.
- **MOST FALLS CAN BE PREVENTED.**

Fall Prevention – A Strategy for Everyone

The fall prevention strategy is aimed at helping you, your family and your caregivers:

- Identify if you are at high risk for a fall;
- Identify what factors could contribute to a fall;
- Identify actions that you, your family and caregivers can do to help prevent a fall or decrease the degree of injury from a fall should one occur. For example, it may be recommended that you or your family modify your home environment and/or purchase safety items such as non-slip footwear, hip protectors, special monitors, etc.
- Identify ways to help you maintain your muscle strength, physical abilities, independence and overall wellbeing which, in turn, will help prevent falls.

The Fall Prevention Strategy in Action

A Home Care team member will complete a fall assessment with you and your family to see if you are at risk for falling. Following the assessment, there will be a discussion with you and family members about ways to help prevent falling and reduce possible injury from a fall should a fall occur. Strategies may be put in place for your home care service providers to implement during care provision in order to help reduce the risk of a fall or injury.

You & Your Family Play an Important Role in Your Fall Prevention and Injury Reduction Plan Towards Helping You Be as Healthy as You Can Be!

Am I at Risk for Falling?

Your risk of falling is higher if you:

- Have had a fall in the past 3 months / in the past year.
- Have difficulty keeping your balance, getting up from a chair, or walking.
- Have health problems that include: dementia, arthritis, diabetes, blood pressure, heart conditions, or difficulty with bladder control.
- Take medications for sleep, depression, blood pressure, pain or that make you dizzy.
- Have an acute illness such as the flu.
- Have difficulty with vision and hearing.
- Wear shoes with high heels, walk in slippers/stocking feet or your shoes fit poorly.
- Have cluttered areas, scatter rugs or hazards on the floor in your home.
- Eat less than 3 nutritious meals/day OR drink less than 5 glasses of water/day.

Tips to Decrease Your Risk of Falling:

We recommend the following precautions be put in place:

- If you have Lifeline, wear it at all times.
- Ensure your home is safe: clutter free including stairs, remove area/scatter rugs, remove any floor hazards such as electrical cords, good lighting in rooms and halls/stairs, have a bedside lamp or night light in your bedroom/bathroom.
- If you have a hospital bed, keep it at appropriate height with wheels locked.
- Firm mattress to provide support when moving in bed.
- Keep mobility aids, such as cane, walker, wheelchair, in good working order and in reach at all times.
- Use chairs at correct height, with arm rests.
- Do not use swivel chairs.
- Place an obvious mark on the front edge of any stairway.
- Install a barrier to any stairs that could put you at risk for falls, avoid baby gates.
- Install handrails or grab bars where needed (e.g. stairway, bathroom, etc.).
- Have your eyes checked regularly or at least every 2 years.
- Wear shoes that fit well and provide good support.
- For good health, eat a wide variety of nutritious foods from all 4 food Groups and drink 5 glasses of water per day.
- Plan to be active every day doing activities you like and that you can do safely
- Have a physical checkup once a year or when you have a change in your health.
- Review your medications with your doctor, pharmacist or nurse at least yearly for side effects that may put you at risk for falls including over the counter drug and herbal supplements.