



Did you know?

- 1 in 3 older adults fall each year
- 40% of admissions to Long Term Care Homes are the result of falls
- Resident rooms and bathrooms are the most common areas for falls
- Falls can result in chronic pain, reduced mobility and loss of independence
- Falling is the leading cause of injury-related admissions to hospital for those over age 65
- Falls are the 6th leading cause of death in older adults

Thank you for your
assistance in
preventing falls!

WELLINGTON TERRACE
FALLS COMMITTEE

FALL
PREVENTION

A guide to helping
your loved one stay
safe





Is your loved one at risk?

Do they have....

- a history of falling
- Weakness in their lower legs
- Period of unsteadiness while walking or standing
- Difficulty seeing or hearing
- Need to use the bathroom quickly
- An infection
- Suffer from pain
- Difficulty sleeping
- A fear of falling
- Arthritis, osteoporosis, dementia or depression

How we help

Each resident is assessed for individual risk factors for falling. The care team discusses prevention strategies and is happy to share them with you and your family!

At scheduled care conferences, we discuss plans to reduce their risk of falls.

What can you do?

- Have them wear their glasses / hearing aides
- Have properly fitting footwear
- Try to walk a little every day
- Participate in activities in the home
- Eat meals and snacks
- Discuss the need for calcium or vitamin D supplements for bone strength with the nursing team or physician
- Let the nurse know if you notice signs of pain
- Ensure the room is not cluttered and remove items from the floor
- Place personal items within reach (remote, glasses, call bell, Kleenex, etc.)
- Use hand rails and grab bars
- Ensure the room is properly lit
- Use hip protectors to help prevent hip fractures
- Use mobility aides as recommended
- Before helping them get out of bed, sit for a moment at the bedside to help avoid a sudden drop in blood pressure that can make them dizzy
- Put foot pedals on when taking a resident in a wheelchair for a walk
- When finished visiting, leave the foot pedals in the position you found them in (if off, leave off, if on, leave on)
- Return the bed to the height it was at when you arrived (too high or too low can contribute to falls)
- Let staff know when you help a resident to bed



Call don't Fall!

Encourage them to use the call bell for assistance

Things to avoid

- Slippery clothing / bedding (like silk)
- Extra blankets and sheets
- Decorations that go on the floor
- Shoes without non-slip grip, or that are too big or too small. Staff are happy to help the resident try them on
- Extra furniture, it's important to have clear walkways and space to run around

Supplies available at Wellington Terrace



- Grippy socks (for a fee)
- Night lights
- Hip protectors
- Arm protective sleeves

Talk to a team member about your loved one's

risk for falls.

Together we can reduce the risk!