

## How we help:

- When you move into a long term care home, you are assessed for your individual risk factors of falling and you are reassessed regularly. Your care team will discuss prevention strategies with you and your family. Your input is encouraged and valued!
- We provide you and your family with information about falls.
- We provide the proper equipment required to help you walk safely.
- At scheduled care conferences, we discuss plans to reduce your risk of a fall.

## Did you know?

- One in three older adults falls each year and 40 per cent of admissions to long term care homes are the result of falls.
- Falls are the sixth leading cause of death in older adults.
- Falling is also the leading cause of injury-related admissions to hospital for those over age 65.
- Resident rooms and bathrooms are the most common areas for falls to occur.
- More than one in three falls results in serious injury.



*Healthy People,  
Healthy Saskatchewan*

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# Prevent a Fall in Long Term Care



## Information for Residents and Families



*Healthy People, Healthy Saskatchewan*

## Are you at risk?

- Are you over 65?
- Do you:
  - ◆ have a history of falling?
  - ◆ get regular activity?
  - ◆ have weakness in your lower legs?
  - ◆ have an illness that leaves you unsteady while standing?
  - ◆ have difficulty seeing or hearing?
  - ◆ have a need to go to the bathroom quickly?
  - ◆ get anxious or confused?
  - ◆ take multiple medications per day?
  - ◆ have an infection?
  - ◆ suffer from pain?
  - ◆ have difficulty sleeping?
  - ◆ have a fear of falling?
  - ◆ have arthritis, osteoporosis, dementia and/or depression?
  - ◆ eat and drink properly?
  - ◆ experience a language barrier?

## Be aware of the common risks and causes of falls. You can prevent falls that cause injury.

- Ensure your hearing aides are working, your glasses are the correct prescription and that they are both used when walking.
- Wear non-skid socks or low-heeled footwear that fit properly.
- Try to walk a little every day and participate in the activities offered in your home.
- Eat healthy and nutritious meals.
- Skipping a meal can make you weak and light-headed.
- Discuss the need for Vitamin D and calcium supplement (for bone strength) with your physician.
- Ensure your pain is under control. If it isn't, ask your caregiver for help to relieve it.
- Ensure your room is not cluttered.
- Remove all items from the floor.
- Have personal items like your glasses, tissues and the phone, within easy reach.
- Use the bathroom hand rails and grab bars.
- Before getting out of bed, sit for a moment to avoid the sudden drop in blood pressure that can make you dizzy.
- Ensure your room is properly lit day and night.
- Call for assistance when you need it.
- Use hip protectors to help prevent hip fractures if you are at risk of a fall (ask your care team for more information).
- Use mobility aides regularly as recommended for you.

**Call, don't fall! Please  
use your call bell for  
assistance!**

