

Fall Prevention Information

for Residents, Families
and Significant Others



Personal Care Home Program
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What is a fall?

Unintentionally coming to rest on the ground, floor or other lower level with or without injury

Myths

- All falls in personal care homes can be prevented
- Restraints prevent falls
- Aging causes falls

Factors that may contribute to falls

- Medications
- Previous fall
- Illness
- Restraints
- Mobility
- Confusion

Falls may result in :

- Skin tears/ bruises
- Loss of independence
- Loss of dignity
- Hip fractures, other fractures
- Brain injury
- Death

Statistics

- Up to 50% of personal care home residents fall

Although all falls cannot be eliminated, the number and consequences of falls may be decreased. Older adults tend to have decreased vision, decreased reflexes, weaker muscles, poor balance and increased confusion. Because of these factors, residents are at higher risk for falls.

Residents are encouraged to be as independent as possible for as long as possible, understanding that this may pose a risk for falls.

Residents, family and significant others can help:

- Provide history to staff including previous falls, bathroom routines
- Provide well fitting clothes, non-slip footwear and equipment as recommended
- Eliminate clutter
- Report spills and accidents to staff
- Keep eyeglasses clean and ensure that hearing aids work
- Call for help if required
- Ensure wheelchair brakes are applied and foot pedals are out of the way when transferring resident
- Encourage resident to stand or sit up slowly especially if feeling dizzy or lightheaded
- Report any falls to staff when resident is out of the facility
- Be aware of resident's limitations, ask about transfer methods
- Encourage resident to remain active as able
- Encourage resident to use mobility aid as necessary

Staff are responsible for:

- Assessing risk using a falls risk assessment tool
- Discussing falls management equipment options
- Developing an individualized care plan together with resident and family
- Ensuring falls management equipment is in place and working
- Following recommendations in the Regional Falls Clinical Practice Guideline

This brochure does not include all risk factors or all tips to prevent a fall. For more information contact the nurse or the Director of Care.