

# TOGETHER, LET'S PREVENT FALLS

Safety is everyone's responsibility—and YOUR safety is very important to us. We want to partner with you and your family to ensure a safe hospital stay, which includes reducing the risk of falls. People may fall for reasons such as wearing improper footwear, having general weakness or a decline with their physical health, cognitive impairments, medication side effects, and/or mobilizing in an unfamiliar or cluttered environment. Let us know if you've had a fall within the last 3 months. People who have had a fall are at higher risk for falling again.

## FOR PATIENTS

### Things to have with you in hospital:

- Shoes or slippers with non-skid soles, closed toes and closed heels
- Walking aids such as cane or walker that you use at home
- Eye glasses and hearing aids

### IMPORTANT TIPS AND REMINDERS:

- **Ask for help** if you feel dizzy or weak. Always take your time getting up from bed or a chair. Sit for a few minutes until you feel ready to stand. If you feel dizzy stop and sit down immediately, then ring for healthcare provider .
- **Call for assistance** when you need to use the bathroom. Use your call bell to reach your healthcare provider
- **If you use** a cane, walker or wheelchair keep these devices within reach of your bed/chair. **DO NOT USE FURNITURE TO WALK OR STEADY YOURSELF.**
- **Turn on a light** when you're getting up.
- **Shoes / slippers** should fit properly and have a non-skid sole with enclosed toes and heels. If you do not have a suitable pair of shoes or slippers, you can buy a pair at our gift shop and/or pharmacy.
- **Medications:** It is important to let us know all medications you're taking at home as well as any allergies you have. Please provide a list of all of your medications.

## FOR FAMILY MEMBERS & VISITORS

- **Consider staying** with your family member if they are at high risk for falling, confused or at risk of wandering.
- **Reinforce** the need for the patient to ask their healthcare provider for assistance when getting up.
- **Before you leave** the room, please make sure the healthcare provider call bell and bed side table are within reach of the patient.
- **Notify the** healthcare provider before leaving a confused or disoriented patient alone, so appropriate safety measures can be taken.

### IF A FALL SHOULD OCCUR DURING YOUR HOSPITAL STAY, PLEASE IMMEDIATELY NOTIFY YOUR HEALTHCARE PROVIDER

#### Helpful Resources

Mississauga Halton Local Health Integration Network (LHIN) [www.mhlhin.on.ca](http://www.mhlhin.on.ca)

Public Health Agency of Canada [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

Halton Region [www.halton.ca](http://www.halton.ca)

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)

[www.healthcareathome.ca](http://www.healthcareathome.ca)

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