

## FALL PREVENTION

*Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.*

Falls may be caused by safety hazards in the environment such as slippery floors, throw rugs, uneven pavement, poor lighting, icy sidewalks, or wet leaves on sidewalks; weakness; poor balance; medications; illness; dehydration; or sudden changes in blood pressure when changing positions.

### **Why is it important?**

A fall can result in a wide range of injuries, interfere with discharge, cause fear of falling, and lead to restricted activity.

### **What you and your family can do:**

Be sure to routinely use any required assistive devices such as glasses or hearing aids.

Contact your healthcare provider if you have pain, weakness, or dizziness.

Make sure you have a way to call for help.

Ask a healthcare provider about exercises and walking. Moving frequently and walking often reduce weakness.

Be as active as possible.

When you're not feeling well have someone nearby help you get out of bed or walk.

Get out of bed slowly. Sit on the side of the bed and dangle your feet for a few minutes before standing.

Know your way around your environment.

Remove clutter and loose rugs.

Use the grab bars while you are in the bathroom.

Wear non-skid slippers or shoes that give support.

