

# Veterans' Service Falls Management Program

## Camp Hill Veterans' Memorial Building (VMB)

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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We are here to help you.  
We are interested in your ideas and suggestions. If you have any questions, please ask.



## What can I do to lower my risk of falling?

- While living in the VMB, staff may ask you or your support persons to take certain precautions like:
  - › Calling for your nurse before getting up
  - › Wearing non-slip, low-heeled shoes with enclosed heels, or slippers that fit well and have a good sole
  - › Using equipment for walking and moving around (like a cane or a walker)
  - › Making changes to your room
- Research has shown that these precautions may prevent falls and/or protect you from serious injury if a fall happens.

### **Please take these precautions seriously.**

This program helps us to identify people who are at risk of falling, and to make changes to lower the risk. We want to act early to prevent serious injuries and we need your help.

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- Falls among older adults are common. Up to half (50%) of residents in long-term care may fall each year.
- Research shows that physical restraints **do not** prevent falls. In fact, more serious injuries may happen when physical restraints are used to prevent falls.
- At the Veterans' Memorial Building (VMB), we have a Falls Management Program.
  - › Staff use an assessment tool to make sure that each Veteran's risk of falling is caught early.
  - › The health care team meets regularly to work with Veterans and their support persons to prioritize safety and well-being. Each team member assesses (checks) the best measures and equipment that may help each Veteran.
- **Our goal is to lower the risk of falls. At the VMB, every fall is reviewed and analyzed.**

## When do falls happen?

- Most falls happen when Veterans move from sitting to standing or change locations.
  - › For example, switching from a bed to a wheelchair, or from walking to sitting.
- Veterans who can get up by themselves, but not stand or walk alone, are most likely to fall.

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

## Am I at risk of falling?

- You may have a higher risk of falling if you:
  - › Have less balance or strength
  - › Weakness
  - › Have problems seeing
  - › Are confused
  - › Have had falls in the past
  - › Are 80 years old or older
  - › Often need to get to the bathroom fast
  - › Have cluttered spaces or pathways
  - › Take medications that may make you sleepy or confused, or cause a drop in your blood pressure or blood sugar
  - › Have an acute (comes on fast and does not last long) illness (like strep throat, an infection, or the flu)
  - › Wear shoes or slippers that do not fit well
  - › Have a health condition (like Parkinson's disease, depression, arthritis, stroke, dementia, diabetes)



**Falls may lead to injuries, a loss of independence, and a fear of falling again. It is important to talk with your health care team about falls when they happen.**