

# Fall and Injury Prevention in Long-term Care

Your health and safety is  
important to us.



# Fall and Injury Prevention in Long-term Care

## When do falls happen?

Most falls happen during transfers from sitting to standing, or changing locations. This may be switching from a bed to a wheelchair, switching from walking to sitting, or getting on or off the toilet.

## Am I at risk of falling?

The following may raise your risk of falling:

- › An acute (comes on fast and does not last long) illness (like strep throat, infection, or flu)
- › Health conditions such as Parkinson's disease, depression, arthritis, stroke, dementia, diabetes, and others
- › Having less balance or strength
- › General weakness
- › Taking medications that may make you sleepy or confused, or cause a drop in your blood pressure or blood sugar
- › Problems seeing
- › Confusion



- › Shoes or slippers that do not fit well
- › Falls in the past
- › Age 80 years or older
- › Often needing to get to the bathroom quickly
- › Cluttered spaces or pathways

## **What can I do to lower my risk of falls and injury?**

- Exercise to build your balance, strength, and flexibility.
- **Go over your medication(s) with your pharmacist regularly (once a year).**
- Get your vision and hearing checked once a year. Wear your glasses and hearing aids, if needed. Make sure they are working properly and update them, if needed.
- Include your family members in your care plan.
- Remove things that you may trip on, like rugs and phone cords.
- Wear non-slip, low-heeled shoes with enclosed heels, or slippers that fit well and have a good sole. **Do not walk around in socks because they can be slippery.**

- If you have a mobility (movement) aid (like a cane or walker), make sure you use it at all times. **Ask for help if you cannot reach your mobility aid.**
- Get up slowly after lying or sitting down. If you feel dizzy, wait before you stand up.
- **Hip protectors:**
  - › Falls are the most common cause of hip fractures among frail and older adults.
  - › Hip protectors may help prevent hip fractures, depending on your risk. Ask staff where to find hip protectors, if needed.

#### Looking for more health information?

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

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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

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If you have any questions, please ask your health care provider.

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