

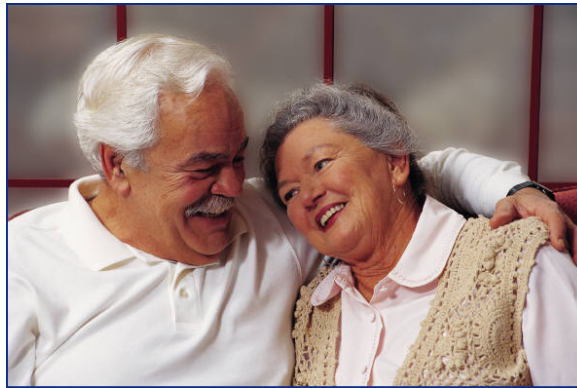
Did you know... In 2008/09...

- Fall related hospitalizations accounted for 7.3 per cent of all hospital cases for Canadians over the age of 65.
- 35 per cent of Canadians over 65 discharged from a fall related hospitalization were discharged to a nursing home.
- The average length of stay for an acute fall related injury was 70 per cent longer than stays for all other causes.
- 98 per cent of all hip fractures in NL were related to a fall.

Source: Falls and Related Injuries among Older Canadians(2010)



Let's work
together to
prevent falls!



When going outside:

- Take all the time you need, plan ahead, don't rush!
- Wear footwear to prevent slipping and avoid using laces that can come undone.
- Use your walking aid.
- Walk slowly and carefully.
- Don't load yourself down with packages or other items.
- Be a defensive walker, watch for traffic and kids doing wheeled activities.

Remember:

**Guard your independence!
Do your part to protect yourself
from a fall.**

This publication has been developed and approved by Central Health's Falls Steering Committee. April 2011

CH-POP 012



Taking steps
to avoid falls at
home and
personal care
home settings



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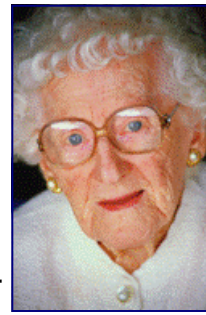


What you should know about falls prevention...



What you can do to prevent falls...

- Install and use grab bars
- Wear non-slip footwear
- Wear comfortable clothing that is not too long or loose
- Always keep a light on, use nightlights
- Keep personal items close
- Use a bath seat/bench
- Wear your glasses
- Use any assistive devices such as a cane, walker or wheelchair properly
- Don't clutter up your rooms and stairs
- Ask for assistance if needed when walking
- Wipe up spills immediately
- Don't rush to the phone
- Use a cordless phone
- Install rails on stairs
- Eliminate all throw rugs and mats
- Exercise regularly



What may put you at risk...

- Slow getting around
- Balance problems
- Muscle weakness
- Sore and painful feet
- Certain medications
- Going often to the bathroom
- Your current illness
- Your medical problems
- Your footwear
- Poor eyesight
- Incorrect use of walking aids



Proper footwear...

What you need to help prevent falls:



- A low, slightly bevelled, **enclosed heel** is best.
- A **wide, non slip sole** is best.
- Laces and velcro fasteners** give you the best fit and stability.
- If you have **special shoes or insoles**, wear them.

Even without injury, a fall can cause a loss in confidence and a decrease in activity involvement.

If a fall occurs...

At home:

- Visit your family doctor or emergency department if you are injured.
- Notify your family member and/or home support worker.
- Notify the continuing care nurse by phone or on her next visit.

At a personal care home:

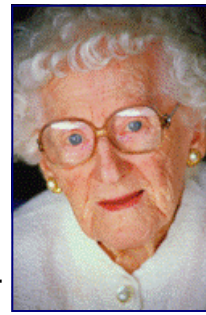
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