

HOW CAREGIVERS, FAMILY, AND VISITORS CAN HELP

- Make sure the patient can easily reach their call bell and personal items.
- Remind the patient to ask a member of the care team for help before getting up.
- If you notice any changes in the patient's alertness, strength, balance, behaviour or condition, including confusion or dizziness, tell a member of the care team so that additional safety measures can be taken.
- Let a member of the care team know when you are leaving for the day, especially if you have been helping the patient while visiting.



WORRIED ABOUT FALLING AT HOME?

Speak to a member of your care team about your concerns. Visit WRH.on.ca/FallPrevention for more information on what you can do at home.

COMPASSION is our PASSION

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For information about the new
Windsor-Essex Hospital System
www.windsorhospitals.ca

PREVENTING FALLS DURING YOUR HOSPITAL STAY



**YOUR HEALTH AND SAFETY
IS OUR MAIN CONCERN**



OUTSTANDING CARE – NO EXCEPTIONS!

FALLS IN THE HOSPITAL:

During your hospital stay, you may have a higher risk of falling than you normally would have at home. This can happen for several reasons, including:

- Changes in medicine may make you feel dizzy or unsteady.
- Illness, surgery, or treatments that may leave you feeling weak or make it harder to move around.
- Equipment like crutches, bandages, or intravenous (IV) tubing that can affect how well you move or walk.
- The hospital room and furniture are unfamiliar to you, especially when the room is dark.

There are steps that you can take to help prevent falls while you are in the hospital.

Please tell your care team if:

- You are worried about falling.
- You have had a recent fall or have fallen in the hospital before.
- You feel dizzy or unwell.
- You need help walking, showering or dressing.
- You have problems with your balance.
- You need to use the toilet urgently.
- You don't feel safe or comfortable moving around.

We are here to help you!

YOUR FALL PREVENTION PLAN

We assess each patient's risk of falling and adjust your care based on your individual needs. This includes regular check-ins, assistance with walking or getting out of bed, reviewing medication, recommending mobility aids, and making sure your room is as safe as possible.

Tips for getting around safely:

- **Ask a member of the care team** if it is safe for you to move around on your own.
- **Ask for Assistance:** Don't hesitate to ask for help when getting in and out of bed, especially if you feel weak, dizzy, or unsteady. Use your call bell and keep it in easy reach. We have equipment like personal alarms or alarms built into the beds that we can adjust to help keep you safe by reminding those who are caring for you that you need help before getting up.
- **Always wear non-slip socks or shoes** while moving around your room. Hospital-provided socks with grip soles are available.
- **Use the same walking aids (like a cane or walker)** that you use at home and as directed. Ask for help if you cannot reach your walking aid.
- Keep your personal items (like phone, glasses, water, walking aids) and call bell within easy reach.
- **Wear your glasses and hearing aids.**
- If you, a family member, or friend see a safety hazard (like a spilled drink), make sure to tell the hospital staff.



Bathroom Safety:

- Use Bathroom Safety Devices: If available, use grab bars, raised toilet seats, and shower chairs. These devices can provide extra support and stability.
- Don't Rush: Take your time when using the bathroom. Rushing can lead to slips and falls.

USE YOUR CALL BELL AND WE WILL HELP YOU GET OUT OF BED

ASK FOR HELP

- Tell a member of the care team if you feel dizzy, weak, or light-headed. If you feel this way, ask for help before getting up.
- Be aware of medical equipment such as blood pressure cuffs, tubing, or wires. The equipment could cause you to trip and fall.
- Participate actively with the mobility plan prescribed by your care team. Moving your body while in the hospital can improve your strength and balance, reducing your risk of falling.
- Don't get up by yourself if you feel unwell.

Be careful when you get out of bed.

- Before you get out of bed, sit up first. Count to 10 before you stand up.
- With your feet on the floor, wait a bit to make sure you feel steady and not light-headed. Then slowly stand up.
- If you feel dizzy, sit back down and take a moment to rest.