Falls prevention
Staying on your feet in hospital

Ways staff will assist in falls prevention

• Help you to settle in and orientate you to your surroundings
• Keep your surrounding free from hazards
• Provide you with falls prevention information
• Assess your risk of falling and discuss the results with you
• Develop and implement a falls prevention care plan suited to your needs
• Refer you to other members of the healthcare team to assess your different needs such as pharmacists, continence advisors or dietitians
• Organise a home visit by a health professional before or after discharge to make your home safer or suggest changes, where necessary.

Did you know...

• Falls are a significant cause of harm to older people.
• While only some falls cause injuries, even a near miss can affect walking and make it harder to stay independent.
• A fall can result in you fearing further falls and a loss of self confidence.
• There are usually a number of reasons for someone falling such as:
  • poor balance
  • unfamiliar environment and obstacles
  • incontinence
  • poor eye sight
  • unsafe footwear
  • some medicines.

Partnering with Consumers - Standard 2
Consumers and/or carers provided feedback on this patient information.

Standard 10 - Preventing falls and harm from falls

Provision of Care - Standard 13
The intention of this standard is to ensure high quality care is delivered to consumers / patients throughout the care continuum.
What you can do?

• bring to hospital any equipment you normally use, such as spectacles, walking aids and hearing aids
• bring to hospital all medicines you are currently taking and any information relating to them
• wear clothing that is not too loose or long
• wear low-heeled and non-slip shoes that fit you well rather than slippers whenever you are up and about
• if you have a walking aid, make sure it is in good condition
• if you have spectacles only wear your distance ones when walking. Take special care when using bi-focal or multi-focal glasses.
• use your prescribed walking aid at all times rather than using furniture or the wall for balance
• familiarise yourself with your ward, its furniture, equipment and bathroom facilities.
• always use your call bell and make sure it is within easy reach
• report potential hazards, such as spills to staff
• let a staff member know if you feel unsteady on your feet
• if staff recommend you need assistance or supervision, please ask for assistance and wait until someone comes to help you
• drink plenty of fluids, dehydration can make you feel dizzy and may contribute to confusion
• non-slip socks aid in the prevention of falls. Please let the staff know if you would like a pair. Socks are also available to purchase from the kiosk.