



St Vincent's

*Continuing the Mission of
the Sisters of Charity*

Information for residents,
families and carers

STV

Falls Prevention Program includes:

- Frequent reviews by the physiotherapist and other related allied health staff
- Information for residents and families about falls
- Documentation regarding the likelihood of falls

Who can help prevent falls?

- Nurse
- Physiotherapist
- Occupational therapist
- Your doctor
- Pharmacist
- Optometrist
- Podiatrist
- YOU!

Have you had a fall?

If you have fallen in the last 12 months please let staff know.

This is important information that helps us work with you to prevent you having any further falls.

For further information:

If you have any falls-related questions, don't hesitate to ask any staff member. They will either answer your question or find out for you.

In 2005 the Department of Human Services funded the National Ageing Research Institute to review and recommend a set of falls prevention resources for general use. The materials used as the basis for this generic resource were developed by Portland District Health, Casterton Memorial Hospital and Heywood Rural Health (adapted from the Queensland Health brochure) under a Service Agreement with the Department of Human Services. This and other falls prevention resources are available from the department's Aged Care website at:

<http://www.health.vic.gov.au/agedcare>.

For seniors without access to a printer you can call Seniors Information Victoria on 1300 135 090 to obtain a copy of the information (a charge may be applicable for multiple copies/multiple pages).

How to prevent falls

Information for residents, families and carers about how you can reduce your chance of having a fall while you are in our care

June 09

Mission

*Our health service is based on and driven by our quest for:
Compassion – Justice – Human Dignity – Excellence – Unity*

Why is falls prevention important to me?

A third of people aged over 65 years and one half of people aged over 80 years have a fall at least once a year. In residential aged care facilities, a large number of incident reports involving residents relate to falls (83% in residential aged care facilities). Between one third and half of these falls cause injuries.

We would like to ensure that the number of falls is minimal for people who are in our care. To do this, we have introduced a falls prevention program for your safety.

What happens with the falls program?

Our staff will do an assessment to see if you are at risk of having a fall. If you are rated as being at high risk of falling, we will discuss strategies that can reduce the chances of you having a fall. These strategies will be suited to your individual needs and wishes.

What can be done about falls?

There are many things we can do. We will discuss these with you and find ways to incorporate them into your care.

Issues that we will consider include:

- If you have fallen before
- Environmental factors and facility/ward/bedroom layout
- Your general health
- Your mobility and balance
- Any problems with vision or dizziness
- The type and number of medications you take
- Whether you can do things safely on your own
- Reducing your pain
- A physical check by the doctor
- Managing bladder/bowel issues

Ask for help whenever you need it.

Tips to prevent falls

When you're moving from lying down to standing up:

- Sit on the bed for a minute before you stand up
- Move your ankles up and down to get your blood pumping
- Get your 'nose over your toes' before you stand up
- Push off the bed or chair; don't pull up
- Wait a minute before you start to walk

When you're standing/walking:

- Take your time when turning around
- If you have a walking aid, use it correctly and make sure it's in good condition and can easily be reached from your bed or chair
- When walking, don't grab for furniture – it may be unstable
- Wear suitable footwear that fits well, and have low heels and non-slip soles; avoid wearing slippers
- Allow time to get to the toilet

Diet, fluids and activity:

- Good nutrition, keeping your fluid levels up and suitable exercise are important to maintaining your health and reducing your chances of having a fall