



### IN THE HOSPITAL

To help keep you safe while in the hospital, staff will ask you 2 questions:

1. Do you have any history of falling within the last 6 months?
2. Do you use any assistive devices for mobility (walking aids) at home?

If you answer “yes” to either of these questions, we will place a yellow armband on your wrist to help communicate your falls risk to staff.

### Make your visit to the hospital safer for you

- Ask staff for help if you feel unwell, pain, weak, sick, dizzy, or if your heart is beating very fast.
- If you use a walking aid, please bring it with you and use it in the hospital.
- If you are connected to intravenous lines or tubes, please be very careful when getting up or moving around. Ask staff for help.
- If you see a spill, go around it and please tell staff.
- If you need help while in the bathroom, there is a call bell that you can use to alert staff.



### YOUR HEALTH

By improving your diet, increasing your strength, and keeping watch of your balance, hearing, eyesight and medicines, you can prevent falls.

#### Be Active and Eat Well

- Take part in regular activity and eat regular, healthy meals. This can help you maintain muscle, bone strength, and flexibility.

#### Use Medicines Safely

- Discuss the side effects of your medicines with your doctor or pharmacist. Some medicines can make you sleepy, dizzy, or lightheaded.
- Read directions carefully so you are aware of potential reactions with other medicines.
- Do not mix medicines and alcohol. Alone, or together with medicines, alcohol can increase your risk of falling.

#### Use Aids Correctly

- If you have walking or balance problems, consider using a cane or walker.
  - Get these devices fitted correctly and use them as recommended.
  - Speak to a physiotherapist or occupational therapist for help.
- Wear your glasses and hearing aid.
- Find out about other gadgets you can use to help make your life safer, such as reachers or hip protectors.

Please turn over →



## IN YOUR HOME

Most falls happen at home, especially in areas such as the kitchen, stairs and bathroom. Here are some tips to make your home safer for you.

### In General

- Reduce clutter. Clear areas of any loose wires and other obstacles.
- Have good lighting throughout the house. Consider using night lights.
- Avoid small rugs or mats that could slide or bunch up and cause you to trip.
- Get up slowly after lying down, resting, or eating to avoid dizziness.
- Keep a phone close by or use a call assist service for support.
- Wear supportive footwear at all times.

### On the Stairs (Inside and Outside your Home)

- Have enough lighting on the stairs.
- Have solid handrails on both sides of the stairs.
- Keep stairs clear of tripping hazards.
- Take your time going up the stairs. Slow down and do not rush.

### In the Kitchen

- Keep supplies, such as pots and pans, in easy-to-reach spots.
- Place heavy items in lower cupboards.
- When reaching for items in high places, use a stable step stool with a safety rail.
- Wipe all spills right away to prevent slipping.
- Always ask for help with tasks that you feel you cannot do safely.

### In the Bathroom

- Place grab bars by the toilet and bath tub to help you sit and stand.
- Have non-slip surfaces in the bath tub and shower.
- Use a raised toilet or bath seat.

**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.