

Our Falls Prevention Program:



- ◆ Will assess fall risk for all new patients, clients and residents.
- ◆ Will reassess fall risk potential if your medical condition changes, you are transferred to a new environment, or you experience a fall.
- ◆ Will encourage a partnership between clients/families and staff to create a safe environment.
- ◆ Will respect client dignity and decision-making.
- ◆ Will provide client-centered care.

Providence Care

is a leading provider of compassionate, non-acute health care in southeastern Ontario, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

Our Vision

Providence Care will lead the way in compassion and discovery.

Our Mission

Trusting in Providence and strengthened by the spirit and tradition of our Founders, the Sisters of Providence of St. Vincent de Paul, we enhance the quality of life by meeting the physical, emotional, social and spiritual needs of each person.

We work with our partners to innovate and excel in education and research.

We treat each person with respect, dignity and compassion.

Our Values

*Respect & Dignity ◆ Compassion
◆ Stewardship*

Providence
Care

- ◆ Providence Manor
 - ◆ Mental Health Services
 - ◆ St. Mary's of the Lake Hospital
- plus a number of community locations

www.providencecare.ca

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Falls Prevention

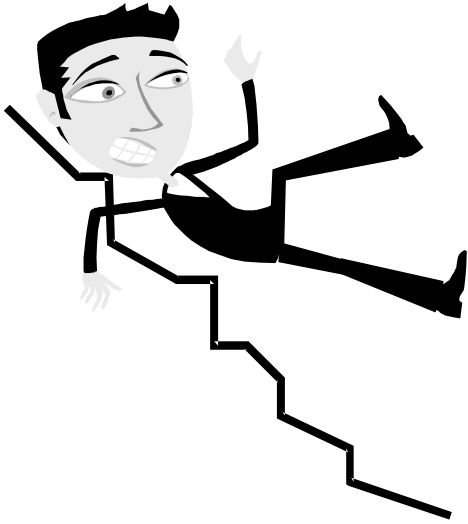


Providence
Care

Adapted from the Falls Prevention brochure of the Centre for Addiction and Mental Health (CAMH)

Did you know?

Falls are a major health concern that can result in head injuries, fractures, reduced mobility, and increased fear.



Are you at risk?

These are some of the risk factors for falls:

- ◆ Poor balance
- ◆ Weakness
- ◆ Previous fall(s)
- ◆ Poor vision
- ◆ Medication use
- ◆ Dizziness
- ◆ Depression
- ◆ Confusion
- ◆ Hearing loss
- ◆ Older age

Talk to the staff if you have any of the above risk factors or concerns.

What can you do?

Start **NOW** to make choices to help reduce your risk of falling.

- ◆ Share any fears or concerns you have about falling with the staff.
- ◆ Participate in regular and safe physical activity. Daily exercise helps to improve balance, flexibility and strength.
- ◆ Wear glasses or hearing aids as needed.
- ◆ Wear proper shoes. Proper footwear is important for maintaining balance.
- ◆ Get up slowly after eating, lying down or resting. Report any dizziness, unsteadiness or weakness to staff.
- ◆ Eat regular, healthy and well-balanced meals.
- ◆ Learn about medications and discuss them with the staff. Some prescription and non-prescription drugs can affect your balance and coordination.

***Preventing falls
is everyone's
responsibility!***

What staff will do!

These actions will be taken to help reduce falls and minimize injuries:

- ◆ Fall risk will be screened on ALL clients admitted to Providence Care
- ◆ Familiarize you with the unit.
- ◆ Ensure adequate lighting.
- ◆ Clean up spills promptly.
- ◆ Report and repair broken equipment.
- ◆ Ensure clear pathways to the washroom, your room and hallways.
- ◆ Ensure proper use of brakes on all equipment.
- ◆ Place call bells and personal items within reach.
- ◆ Encourage use of eyeglasses, hearing aids, and walkers/canes.
- ◆ Encourage non-skid footwear with good support.
- ◆ Review all medications.
- ◆ Promote safe activity/mobility.

If you are a client at “high-risk”:

Staff will work together with you and your family to develop a plan of care that addresses your individual needs.