

RCBIS Slips, Trips and Falls Prevention Program:

- ◆ Will assess fall risk for all new clients.
- ◆ Will reassess fall risk if you experience a fall.
- ◆ Will monitor fall patterns for trends and take corrective action.
- ◆ 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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Slips, Trips and Falls Prevention



*Slips, Trips and Falls Prevention
for Regional Community Brain
Injury Services (RCBIS)*

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:

- ◆ Lack of physical activity
- ◆ Medication concerns
- ◆ Vision/hearing difficulties
- ◆ Balance/gait problems
- ◆ Unsafe footwear
- ◆ Environmental hazards
- ◆ Changes in physical health
- ◆ Limited insight and awareness
- ◆ Impulsivity
- ◆ Previous falls
- ◆ Previous brain injury
- ◆ Reduced perceptual abilities to differentiate between shadows and patterns

Talk with staff if you have any of the above risks.

(KFL&A Falls Prevention Coalition, 2009)

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 prescribed.
- ◆ 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.

“Don’t walk faster than you think. Slow down and always be aware of your next step; make sure it’s a solid one!”

- Don McFarlane
RCBIS client

Home Safety Tips

1. Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
2. Install handrails and lights in staircases.
3. Get rid of small throw rugs or use double-sided tape to keep rugs in place.
4. Install grab bars next to your toilet and your tub or shower.
5. Use non-slip mats in the bathtub and on shower floors.
6. Keep frequently used items in cabinets or storage areas that you can reach easily without using a step stool.
7. Use a stool with rubber tips.

(Falls Coalition, 2009 & BIAOZ, 2007)