

## Our Falls Prevention Program:



- ◆ Some residents receive Calcium and Vitamin D to assist with increasing bone strength if indicated.
- ◆ We have a walking program which is available to those residents for whom a benefit is identified.
- ◆ Will assess fall risk for all new residents within 24 hours of admission, quarterly and as needed when there is a change in health status.
- ◆ Will use a falling star logo to signify increased risk for falls located at the head of the resident's bed and in their care plan.
- ◆ Will encourage a partnership between clients/families and staff to create a safe environment.
- ◆ Will respect client dignity and decision-making.
- ◆ Will provide interdisciplinary client-centered care, with initial referrals to physiotherapy for maximizing mobility and transfer potentials and occupational therapy assessments for seating, ambulatory assistive devices and therapeutic surfaces.
- ◆ Will use bed and chair alarms for safety when indicated.
- ◆ Will provide safe and regular toileting.

## 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*

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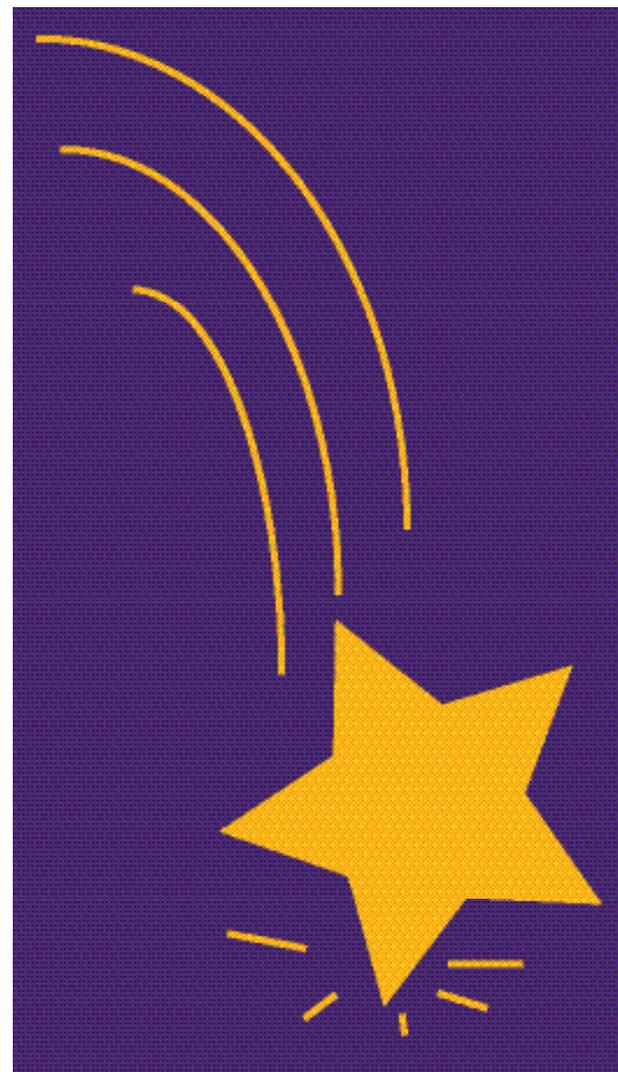
# Providence Care

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

[www.providencecare.ca](http://www.providencecare.ca)

October 2009

# Falls Prevention

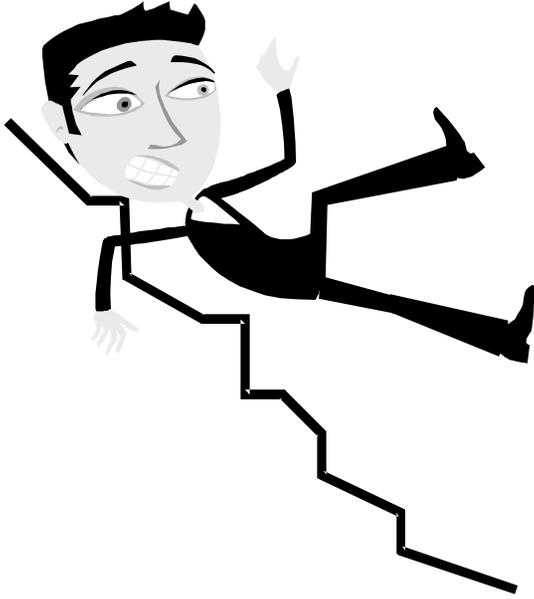


Providence  
Manor site  
Care

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
- ◆ Continence issues
- ◆ Inadequate footcare/footwear
- ◆ Pain
- ◆ Dementia/cognitive decline
- ◆ 80+ years

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 residents admitted to Providence Manor.
- ◆ Familiarize you with the floor.
- ◆ 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.