



Client and Family Safety Reminders You Can Prevent Falls

Falls are a major cause of injuries in Canadians 65 and older and clients with conditions that impact mobility. This information is for you and your family to use as reminders of what you can do to be safe. Consider posting on your fridge or leave it in space where it can be viewed.

S

Safe Environment in Your Home

- Use hand railings
- Use night lights
- Avoid scatter mats



A

Assist with Mobility – Balance and Walking

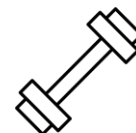
- Be active – every little bit helps
- Use a cane or walker
- Wear good shoes



F

Falls Risk Reduction

- Medication Review
- Try exercise classes for building and maintaining strength
- Conduct regular eye exams
- Meals and Nutrition



E

Everyone Working Together for a Safe Environment

The VON team works together with you and your family to educate and assist you with referrals to other providers who can help you prevent falls.

There Are Three Common Risks Associated With Receiving Home and Community Care Services:

- Falls
- Getting or spreading infections
- Not following your medication plan

VON staff and volunteers will help you and your family learn how to avoid these risks and develop a plan of care with your suggestions and input to support your safety.

Prevent Infection



Help prevent infections by washing your hands and remind staff to wash their hands.

Remember! Health care providers (nurses and home support workers) use alcohol based hand rub to remove germs and prevent spread of infections.

Medication Safety



It is important to be an active partner with your healthcare team in understanding your medication plan.

VON staff will encourage you to ask questions about your medications; it is important to understand how to take them and why you are taking them.

Keep an updated list of your current medication plan available in your home.

How to Get Up Safely From a Fall:

Check your body.

If you are injured, call for help. If you have an alert device, use it.

If you are not injured, look for a sturdy piece of furniture, and follow:

1. Crawl to sturdy piece of furniture
2. From kneeling position steady yourself, bring one knee forward and place that foot on the floor
3. Push up with your arms and legs and pivot to chair
4. Sit down and rest before trying to move

Please report the fall to your care provider (*volunteer, home support worker, nurse*) so we can ensure we work with your care team to prevent injury and make changes to your care plan as needed.

About VON

VON Canada has been pioneering care at home for over 120 years. Today, we are a highly-trusted non-profit organization that works with our clients, employees and partners to provide innovative clinical, personal and social support to people who want the comfort and peace of mind of living in their own homes and communities.

References:

SaferHealthcareNow! (2010). Reducing Falls and Injuries from Falls: Getting Started Kit.
www.saferhealthcarenow.ca

Ontario Injury Resources (2014) How to get up after a fall
<http://www.oninjuryresources.ca/downloads/publications/fall-toolkit/how-to-get-up-after-a-fall.pdf>



For more information, visit www.von.ca

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