Visiting or caring for someone at risk of falls?

A few simple tips may prevent injury:

- Have things taken away from around the bed
- Keep personal items and call bells within reach
- Spend time with your relative or friend
- Ensure there is enough lighting in the room
- Before you leave, ask if your relative or friend needs to go to the bathroom and then ask staff for help if they do.
- Some beds may be lowered closer to the ground, a lowered bed can reduce injuries from falls. Please ensure the bed is left in the low position with the brakes on when you leave.

You can help reduce Falls and injury

Further information

Talk to your healthcare team

Find out more by reading the fact sheet ‘Get involved in getting better’.

Ask for a copy or scan with your mobile phone camera.

The Alfred
55 Commercial Road, Melbourne VIC 3004
Tel 03 9076 2000
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au

This brochure provides some tips on how to reduce your risk of falls
There are usually a number of reasons for someone falling.

These may include:
- poor balance or being unsteady walking
- loss of bladder or bowel control
- new or unfamiliar places and obstacles
- poor eyesight
- unsafe footwear
- some medicines
- poor diet and/or not enough fluid

There are a number of ways to reduce your chance of falling

Whilst in hospital, staff will help to prevent you falling by:
- helping you to settle in, keeping your surroundings safe, and providing you with falls prevention information
- assessing your risk of falling and discussing the results with you
- developing a falls prevention care plan with you to meet your needs
- referring you to other staff who are experts in decreasing your risk of falls

Tips to help you prevent falls while you are in hospital

- Always use your call bell and keep it near you
- Take your time when getting up from sitting or lying
- Tell staff if you feel unwell / unsteady on your feet
- Get to know your room, furniture and bathroom
- Wear comfortable clothing that is not too long or loose.
- Ensure you wear well-fitting, low-heeled, non-slip shoes rather than slippers.
- If staff advise you that you need help or supervision when moving, please ask them for this help and wait until they come.
- If you have a walking aid, make sure you use it rather than using furniture or walls for balance

If you have glasses, only wear your distance ones when walking. Take special care when using bifocal or multifocal glasses

Eat a balanced, healthy diet and keep your fluid levels up.

Take medications as prescribed. If they make you feel unwell, notify your doctor.

Ensure there is enough lighting in the room

What should you bring with you to hospital?

Bring things you normally use, such as glasses, comfortable clothes, athletic style shoes and walking aids.

Bring all medicines you currently take, and any information relating to them.

When you leave hospital

Talk to your healthcare team about how you can stay safe from falls when you leave hospital

Have your vision checked at least yearly