

## **Why are we very concerned about falls?**

Falls are a major health risk for our elderly population. One out of every three older Americans falls every year. Only 1/2 of all elderly people can live alone or independently after sustaining injuries from a fall. Falls are a significant source of fractures and soft tissue injury. Falls are the most common cause of severe injury in older adults.

## **Who is at the highest risk for falling?**

Falls are most likely to occur in elderly persons who have:

- ~ Recently fallen
- ~ Difficulty balancing, walking or standing up straight
- ~ Difficulty getting in and out of a chair, car, bed or on and off of a toilet
- ~ Dizziness
- ~ Pain
- ~ Weak bones & muscles
- ~ Multiple medications
- ~ Vision and/or hearing loss
- ~ Memory loss or confusion

**Our goal is to provide a safe and healthy environment.**

**Our staff has been trained to reduce the risk of falling for you and your family member.**

**We are working to identify the causative factors of falls.**



The information contained within this brochure is not intended to replace seeking medical attention.

This educational information is provided to you by Empira in association with your Assisted Living, Independent Living or Skilled Nursing Facility.

## **Family & Friends:**

# **Fall Prevention**

## **How You Can Help!**



**I look forward to meeting with you to discuss Fall Safety.**

**Name** \_\_\_\_\_.

**Here's how you can contact me:**

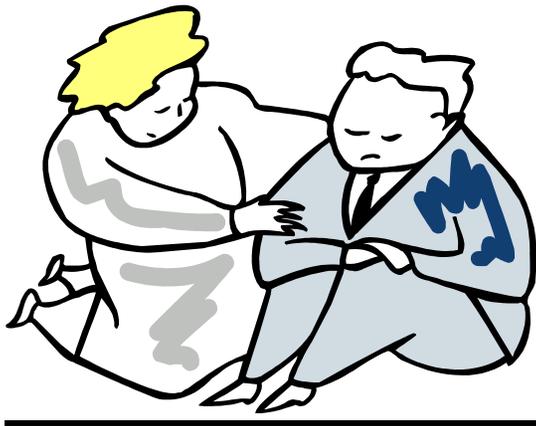
**Phone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

# Fall Management Program

A fall can happen to anyone at anytime. Illness, surgery, weakness, tests, medication, medical equipment, noise and new surroundings can all contribute to a fall at any age.

**We need your help!**



Would you please help us to manage and hopefully reduce falls?

**Here's what you can do:**

- If your loved one fell or has a history of falling prior to admission, let us know.
- If your loved falls when out of the facility with you, please tell us.
- Learn how to properly transfer and move a resident, we will show you how to do this safely.
- Have them wear non-skid, low heeled, fully enclosed shoes.
- Instruct and help them to stand up slowly from a lying or sitting position to prevent dizziness.
- Encourage them to walk often, using their cane or walker, even inside of an apartment, home or in their room.
- Tell us when you are leaving after your visit, so we can make sure safety measures are in place.
- Talk with their nurse or doctor if they experience any of these side effects from medications: dizziness, unable to balance, or a change in their ability to walk.



**And here's what we will also do:**

1. We will work with you and your loved one to identify their risks for falling.
2. We will conduct a post fall investigation and assessment to identify the possible causes of their fall.
3. Physical, Occupational and Recreational Therapies will provide programs and services to help keep them strong, oriented and active.
4. We will talk with their doctor and pharmacist to determine if any medications, medical actions, or treatments need to be changed or taken.
5. We will take action by putting interventions into place to reduce the likelihood of future falls from occurring.
6. We will provide equipment and safety devices to reduce their risks for falling.