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Falls Prevention...

Please answer the following three questions

1. Are you over 65 years old?
2. Did you fall last year/recently?
3. Are you afraid of falling?

If you have answered yes to any of the questions, this poster may present important information.

防止跌倒

請答下列三條問題:

1. 你是否超過65歲?
2. 你去年或最近曾跌倒過嗎?
3. 你害怕跌倒嗎?

如果你對任何一條問題回答“是”的話, 這張海報對你有幫助

Who Falls?

- 1/3 of people over 65 years old fall each year
- 1/10 of these people have multiple falls
- 1/3 third of falls require medical attention

誰會跌倒?

- 每年都有三成 65歲以上老人跌倒
- 這些老人中有一成曾經多次跌倒
- 跌倒人仕中有三成 需要接受治療

What can happen if you fall?

You could break a bone and might lose your ability/confidence in walking

跌倒後會發生什麼問題?

你可能會骨折,並且可能會失去行走的能力或信心

Why do people fall?

- Loss of balance related to medication/disease
- Reduced strength and balance (reduced activity)
- Rushing/hurrying e.g. going to the toilet, answering door bell
- Environment e.g. lighting or clutter around
- Foot problem/poor footwear

為甚麼會跌倒?

- 失去平衡, 這情況可能因為某些疾病或藥物引起
- 體力和平衡力會因年齡增加及減少活動而降低
- 太匆忙, 例如上廁所或應門鐘
- 環境問題, 如地板及通道障礙物或光線不足
- 腳部疼痛或穿不合適的鞋子

How to reduce the chance of falling?

See your Doctor if you:

- Have fallen last year/recently
- Get dizzy or feel unsteady
- Are afraid of falling
- Take >4 medications everyday

You can also:

- Improve your balance, leg strength by regular exercise
- Check your eye sight every year
- Have a pair of suitable foot wear
- Maintain a well balance diet, don't smoke/no excessive alcohol
- Improve the lighting, and remove mats, cords, and things you could trip over

如何減少跌倒的可能性?

如有下列情況, 請及早就醫:

- 最近或在過去一年中曾跌倒
- 感覺頭暈或站不穩
- 害怕跌倒
- 每天服用多過四種藥物

你亦可採取以下措施:

- 經常參加運動來改進平衡及腿部力量
- 每年檢查眼睛
- 穿合適的鞋子
- 保持良好飲食習慣, 不抽煙及不喝過量酒精
- 移走可能會使你跌倒的墊子, 電線及物品保持室內光線充足

What will your doctor do?

- Review your medications and assess your chance of falling
- May refer you to:
 - Geriatrician (specialist for older adult)
 - Physiotherapist (for leg strengthening, balance, mobility exercise)
 - Occupational therapist (for home safety, activity of daily living, and mobility aids)
 - Podiatrist (for feet and foot wear)
 - Dietitian (healthy eating guidelines, special diet)
 - Specialized falls prevention team/clinic if available

你的醫生會做些什麼?

- 檢查你的藥物及評估你跌倒的可能性
- 可能建議您去看:
 - 老人專科醫生
 - 物理治療師 (加強腿力及平衡鍛煉)
 - 職業治療師 (家居安全設施, 改進或提供輔助工具)
 - 足部專家 (足部護理及適合的鞋)
 - 營養師 (健康飲食護理及特別餐單)
 - 附近的防止跌倒專科診所或小組

Please pick up "Home Safety"

請索閱“家居安全自我檢查”

Reference:

- Butler-Jones, D. (2005). Report on Seniors' falls in Canada. *Aging and Seniors*. Public Health Agency of Canada. December 15 2005.
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- Queensland Government (2003). *Falls prevention for community-dwelling older people*. Retrieved from http://www.health.qld.gov.au/fallsprevention/brochures/Community_based.pdf March 2007