

CLOTHING

- Should be easy to put on (use of Velcro, large buttons) and fit well (belts and suspenders can help pants to stay up)
- Shoes should be supportive, fit well and rubber-soled
- Velcro or elastic shoe laces can make it easier for you to put shoes on



GETTING UP SAFELY

- Inform your nurse when you are not feeling well
- Make sure your feet are flat on the floor before standing
- Do not walk around in socks
- Get up slowly
- Sit down immediately if you feel dizzy
- Avoid rushing to the bathroom or to answer the phone
- Avoid alcohol

STAY ACTIVE

- Take an active part in daily activities to maintain strength, flexibility and endurance i.e. dressing, grooming
- Exercise to strengthen your muscles
- Re-energize with short naps after meals



Helpful Hints

Reduce Your Risk of Falls



Fall Risk Reduction Program



Falls are a major health concern for seniors as they can lead to:

- Injury
- Loss of confidence and independence
- Death

Am I at risk?

Ask yourself,

- Have I had any falls or lost my balance?
- Do I sometimes feel unsure or unsteady when I walk?
- Have I decreased my activities because I am afraid of falling?

Fall Risk Reduction Program

- Developed to identify your risks of falling, reduce risk of injuries and help maintain your independence

What can I do?

You can reduce your risk of falling with the help of your healthcare team.



ENVIRONMENT

- Orient yourself to special equipment, layout of room i.e. call bell system, grab bars, light switches
- Keep floor clear of clutter
- Ask for help when necessary
- Keep room well lit
- Clean up spills; ask for help
- Avoid leaning on movable furniture

- Keep frequently used items close at hand or use a reacher for hard to reach items
- Adapt environment to specific needs i.e. visual impairments
- Use assistive devices such as a raised toilet seat, bath seat, transfer pole

SPECIAL EQUIPMENT

- Keep your cane/walker/wheelchair nearby
- Lock your wheelchair or walker brakes before you move and when it is not in use
- Hip guards & protective helmets may be recommended if you are at high risk for falls
- Wear your glasses and hearing aids when awake