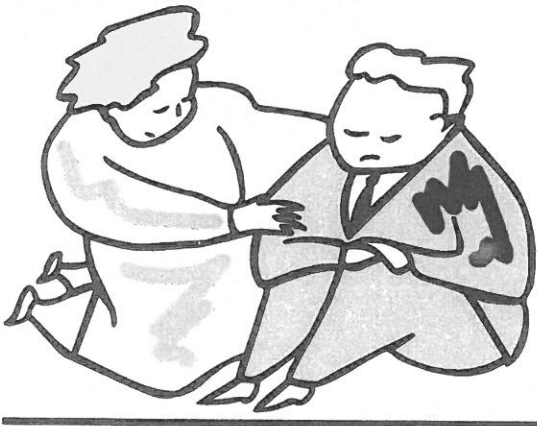


# Fall Management Program

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.