

## What YOU can do to prevent falls

- 1) Exercise regularly – this increases strength and improves balance.
- 2) Ask your doctor or pharmacist to review medications – both prescription and over the counter – to reduce side effects and interactions.
- 3) Have your eyes checked regularly by an eye doctor at least once a year.
- 4) Improve the lighting in your home.
- 5) Reduce hazards in your home that can lead to falls. (See Tips for Independence.)
- 6) Make an appointment with a physiotherapist for a balance assessment.

## Working together

The Mamawetan Churchill River Health Region's staff work together with you to ensure your safety.

For more information, contact the **Employee and Patient Safety Coordinator** at (306) 425-4821.

For more information on falls prevention for seniors, call (306) 352-3810, or visit [www.safesask.com](http://www.safesask.com)

You can also go online to the Canadian Patient Safety Institute: [www.patientsafetyinstitute.ca](http://www.patientsafetyinstitute.ca)



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*Working together in wellness  
to prevent falls.*



# Prevent Falls; Maintain Your Independence



## Did you know...?

- Most falls occur at home, while doing daily activities.
- Falls usually happen due to the combined effects of multiple factors.
- 40% of those 75+ fall at least once each year.
- \$3 billion are spent each year on Canadian seniors' falls injuries.
- Falls are the most common cause of injury and the sixth leading cause of death for seniors.
- 40% of hospitalized falls involve hip fractures and half of those with hip fractures never regain pre-fall functioning.
- Three times more women are hospitalized for a fall injury than men.

## Patients can prevent falls by asking for help during a hospital stay.

It's OK to ask...

...for help to the bathroom, especially at night.

...anyone assisting with your care to clean up spills on the floor.

...for a medication assessment to determine if you are at an increased risk for falling.

...for a home health safety evaluation to reduce your risk of falling once you return home.



## Tips for Independence

- Wear non-slip shoes, boots and slippers that fit well.
- Remove scatter rugs as they are a common cause of falls.
- Keep heavy items in lower cupboards and light items no higher than shoulder height.
- Keep a flashlight at your bedside to help you to see at night.
- Turn on lights when you go in or out of your home at night.
- Eat a healthy, balanced diet and drink plenty of water.
- Post emergency numbers by all phones for easy access.
- Use a personal response service or carry a cell/portable phone with you.