

FALLS: WHAT AND HOW

Residents and Families



What...SHOULD I KNOW ABOUT FALLS?

Falls are a serious concern for everyone, but the risk of serious injury increases as we age. Changes in our environment as well as even small changes in our physical or emotional state can have a large impact on our risk of falling. It is important that you become an active participant in doing all that's possible to prevent a fall from happening. To do this, we must work together to identify potential risk factors and then find ways to lessen those risks. Becoming an active member of your care planning team as well as a vital part of the community will help ensure we do everything we can to decrease the risk of falling. Falling, although often unpredictable and unavoidable, is a primary concern for both you and your care team. Together, we will develop a plan to lessen the risk for you.

How...DO I GET INVOLVED?

1. **Ask** to review your care plan with your care team.
2. **Tell** your care team when you see something as a fall risk.
3. **Discuss** areas that your care team see as a fall risk and contribute your ideas to ways to lessen the risk.
4. **Understand** that being at risk of a fall is not a short coming, it is an expected part of the aging process.
5. **Talk** to your team about your concerns because it's the single biggest impact you can make.

What...ARE SOME OF THE THINGS I SHOULD REPORT?

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| <ol style="list-style-type: none">1. Changes in your physical ability<ul style="list-style-type: none">• Bowel and bladder changes• Appetite• Increased pain or discomfort• Fatigue with exercise• Balance changes | <ol style="list-style-type: none">2. Changes in your mood<ul style="list-style-type: none">• More easily tired• Less interest in activities• Decreased appetite• Increased restlessness• Depression/frustration | <ol style="list-style-type: none">3. Things in your environment that need attention<ul style="list-style-type: none">• Walker/wheelchair height• Comfort• Broken glasses• Cracked tile, tear in carpet• Loose railings |
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YOUR SAFETY CONTACT

Name:

How to Contact:

For more information, and to find a library of free resources, please visit us at www.qualityinsights-qin.org.