

PREVENTING FALLS



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English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.434.200.3000 (TTY: 7.1.1).

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.434.200.3000 (TTY: 7.1.1).

한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1.434.200.3000 (TTY: 7.1.1) 번으로 전화해 주십시오.

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CENTRA

Psychiatry & Behavioral Health

Geriatric Psychiatric Unit
Family Education

FALL FACTS IN THE ELDERLY

- Falls among adults over 65 years old are common and preventable.
- Falls are the leading cause of injuries in older adults.
- One out of four elders fall yearly, and most will fall again.
- Four out of five fatal falls occur in people over 65 years old.

RISK FACTORS

- A fall in the last six months
- Has an unsteady walk
- Poor vision
- Dizziness
- Confusion
- Poor judgment
- Agitation
- Foot pain
- Medicines for sleep, depression, pain, seizures. Other medicines include sedatives and medicine that increases the need to go to the bathroom.

COMPLICATIONS

Complications from falls include:

- Head injuries
- Fractures, especially in the hip

These complications can cause a fear of falling. This will decrease activity and increase weakness. The weakness can increase the chance of further falls and threaten independence.

HOW ARE FALLS BEING PREVENTED IN THE GERIATRIC PSYCHIATRIC UNIT?

- Frequent patient rounding
- Reminder signs in patient rooms
- Education for patients and families
- Use of bed and chair alarms
- Physical therapy and occupational therapy
- Slipper socks
- Keeping lengthy pants rolled above the ankle
- Group activities

HOW CAN FAMILIES HELP?

- Inform staff of falls within the last six months.
- Inform staff of the use of any walking aids, i.e. walker, cane, crutches, rollator.
- Remind patient to call staff for assistance when getting out of bed.
- Remind patient to use handrails.
- Bring in glasses, hearing aids or other assistive devices (no canes please!).

WHERE CAN I FIND MORE INFORMATION?

- National Council on Aging
www.ncoa.org/healthy-aging/falls-prevention
- American Society on Aging
www.asaging.org/blog/7-fall-prevention-resources-old-americans-month
- Centers for Disease Control and Prevention
www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html