

Falls hurt

Patient
information



If you fall while you are here, you could be injured and need to stay in hospital longer. Most falls happen when people are getting in or out of their bed, their bedside chair or going to the toilet.

- We want you to be as safe as possible while in our care.
- We do not want you to fall and hurt yourself while you are here.
- It's okay to ask for help if you need it.

Doing these things will help to keep you from losing your balance or falling over.

- Keep important items within reach, including your call button or call bell.
- Take your time when you get up. If you feel dizzy, weak or light-headed, call us – don't get up by yourself.
- Ask us for help getting to the bathroom or toilet, and use the bell there to ask for help if you don't feel well, or when you are ready to go back.
- Take extra care on wet or slippery floors.
- Watch out for any clutter or obstacles in your way, and ask us to move them.
- Use the handrails in the bathroom and hallway.
- Use only unmoving objects to help steady yourself. Don't use your IV pole, tray table, wheelchair, or other objects that can move.
- If you have glasses or hearing aids, use them.
- Use your walking aid in the way you have been shown.
- Wear well-fitting shoes or non-skid slippers every time you get up. If you need assistance, ask for help to put them on.
- Make sure your clothing is not too long or too loose – it might trip you up.
- At night, turn on the light before you get out of bed, and turn on the light in the toilet.

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National
Patient
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Preventing falls at home

When you leave hospital, it's important to be safe and stay on your feet.

We suggest you ask the health professional you see most (eg, your doctor, nurse, pharmacist):

- Are the medications I'm taking still right for me?
- Am I getting enough Vitamin D? – If you are frail, housebound or have osteoporosis you may need a prescription.
- Do I need an exercise programme to improve my strength, balance and general fitness?
- Do I need glasses or an eye test?
- Would a walking aid help me?

Talk with others about ways to keep you safe at home

- Who are the people who can help you keep safe at home? Your family/whānau? Your neighbours? Your caregiver? Your friends?
- Walk through the *Live stronger for longer* home safety checklist and make a plan.▶▶▶

My plan to keep me safe and on my feet:

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What to do if you fall:

- If you fall and hurt yourself seek immediate attention from your health professional for treatment. This is especially important if you knock your head, lose consciousness or feel confused after a fall.
- If you fall, even if you do not have an obvious injury, tell your health professional and your family/whānau. This is important so the cause of your fall can be found to help prevent another fall.

For more information visit: www.livestronger.org.nz



Ask for a copy or find it here:
www.acc.co.nz/assets/injury-prevention/acc7771-home-safety-checklist.pdf