

We ALL Have a Role to Play in Fall Prevention

With every fall prevented the resident, their family members, the health care team and health care system ALL benefit.



LANARK
COUNTY

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A Resident and Family Guide to Falls Management



LANARK LODGE

Falls: Leading Cause of Injury and Death in Adults Over 65

Factors that put someone at risk for falls:

- History of Falls
- Decreased Strength
- Gait Impairment
- Medications
- Visual Impairment
- Light Headedness
- 80 years or older
- Bladder &/or Bowel Incontinence
- Cognitive Impairment
- Pain
- Diseases i.e. Parkinsons, Depression, Diabetes, Arthritis
- Improper footwear
- Improper fitting clothing



Lanark Lodge Takes Falls Seriously:

- On admission we gather information on falls
- Promote exercise and strengthening
- Restorative and physiotherapy programs
- Review medications
- Offer Pain Referrals
- Ensure appropriate lighting during day and night
- Assess for proper dress & footwear
- Modify the room environment
- Vision assessment (done on-site)
- Identify and recommend mobility aides (walkers, gripper socks, hipsters)
- Provide bed/chair alarms

- Do not bring in too many belongings that clutter the room as this creates a fall risk
- Encourage self propelling if in wheel chair to keep up their strength
- Report any fall risks you are aware of

How can You Help?

- Ensure clothing are proper fitting and footwear are made with non-slip soles

