

PREVENTING FALLS

Your Guide to Preventing Falls

CareChoice 
home from home

Forever Autumn Programme

On admission all residents are assessed for their falls risk, using the Scotts Falls risk assessment.

If it is decided appropriate, a coloured leaf (green, amber or red) is displayed to indicate the risk as follows:



Green Leaf
= low falls risk



Amber Leaf
= medium falls risk



Red Leaf
= high falls risk

Admission

As a resident you can help us to reduce the risk of falling by doing the following:

- Please tell the nurses and staff if you feel anxious about moving around or are scared of falling
- Bring in any prescribed medicines you are currently taking, in their original packaging
- Keep the nurse call bell within reach, use it if you need assistance to move around your room
- If you wear glasses, keep them clean for day to day activities
- Be careful when standing up or getting out of bed
- Do not use furniture, such as bed tables, to help you stand up
- Wear well fitted lightweight shoes/slippers
- If you have a walking aid, use it when you are moving around
- Take your time when moving
- Listen to the advice of the therapy team or nursing staff give you
- Remember the residential care setting is not as familiar to you as your home

Relatives & Carers

If you are a relative, carer or a friend you can help by doing the following:

- Share any information you may have on previous falls the resident has had in home and/or in hospital
- When you visit, put your chair away before leaving and leave the bedside area uncluttered
- Make sure the resident realises you are leaving, inform the nurse as appropriate
- Place the nurse call bell and (any requirements they may need) near the resident as you leave
- If possible, bring in well fitted clothing and lightweight (non-skid) footwear for the resident to wear. This may include socks with non-slip grips
- Bring in any walking aids that may have been left at home, as well as items such as spectacles, dentures, hearing aids and prescribed medication
- Inform the nursing staff if you have any concerns

Residents at high risk

If a resident is at high risk of falling we may:

- Put the bed in a different position
 - Put a special mat/mattress on the seat/floor
 - Use a Motion sensor to alert us to the resident's movement
 - Move the resident to a different room nearer the nurse's station
 - Use the safety sides on the bed (with consent)
 - Use a lower bed
 - Encourage the resident to wear Hip protectors
 - The steps described above are designed to try and protect our residents from falls and injury
 - Some residents will still fall even if we have tried to do all of the things mentioned in this leaflet
 - Being in residential care setting does not mean we can prevent all falls, but we work hard, in partnership with you, to reduce them
 - For further information please speak to a member of staff
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