

What to do if you fall

1. Are you hurt? If so, call 911. Do not attempt to get up. Follow the Rest and Wait Plan.
2. If you are not hurt and feel strong enough to get up, follow the Up and About Plan.

Rest and Wait Plan

1. Call 911 or press your medical alert button if you have one.
2. If you cannot call 911, try to attract someone's attention for help.
3. If you lose control of your bladder, move away from the damp area if you're able.

Up and About Plan

If you are not hurt:



For more information on how to prevent falls, speak to your health care provider.

To access home care services and resources, contact Home and Community Care Support Services:

Telephone: 310-2222

www.healthcareathome.ca

To speak to a registered nurse at any time, call Health Connect Ontario:

Telephone: 811

TTY: 1-866-797-0007



Falls prevention at home

Cortellucci Vaughan Hospital
3200 Major Mackenzie Drive West
Vaughan ON L6A 4Z3
T 905-417-2000
mackenziehealth.ca

Mackenzie Richmond Hill Hospital
10 Trench Street
Richmond Hill ON L4C 4Z3
T 905-883-1212 F 905-883-0772
mackenziehealth.ca



Creating a safe environment in your home

Keep a phone near you at all times in case of an emergency.

A trained health care provider can assess your home to identify risks.

Floor

- Pathways should be clear of loose objects and cords.
- Floors should be clean and dry.
- Rugs should be secured to the ground with double-sided carpet tape and should not have cords tucked underneath.

Living area

- Footstools and ottomans should be moved out of the way when you are not using them. Close reclining foot rests completely before standing from a chair or couch.
- Choose sturdy chairs with good back support. Avoid chairs that swivel, rock or have wheels.

Lighting

- Your home should be well lit.
- Always turn on the lights before going into a room or going up or down the stairs.
- Use night lights where necessary.

Bedroom

- Beds should be stable and the height should be easy to get in and out of.
- Blankets and bedspreads should be tucked in at all corners.
- Use a sturdy chair with arm rests for dressing.



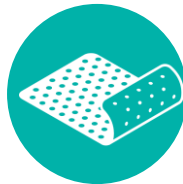
Bathroom

- Grab bars should be professionally installed (no suction cups).
- Place a non-slip mat in front of the sink and tub.
- Use a shower chair or tub bench if you have difficulty standing.
- Use a raised toilet seat if it is difficult to get on and off the toilet.



Kitchen

- Items in your kitchen should be arranged so that they are easily accessible. Store heavy items on lower shelves.
- Place a non-slip mat in front of the sink.



Stairs

- Sturdy handrails should be installed on each side of all home staircases.
- Do not carry items while climbing the stairs.
- Place anti-slip strips on your stairs.
- Avoid patterned carpeting that can make it difficult to see the stairs.



Indoor and outdoor footwear



Wear a well-fitted, supportive, rubber-soled and closed-heel shoe with good traction.

Preventing falls outside your home

- Use your cane or walker in the community if recommended by your health care provider. If you use a walker, use a walker tray to carry your belongings or groceries.
- Avoid going out when it is slippery or icy.
- Use a flashlight to light up your path when in dark places like restaurants or theatres.
- Watch out for hazards such as debris, uneven pavement, sidewalk cracks, tree roots, floor mats and door thresholds.
- Use caution on outdoor stairs as the height may be different than your stairs at home.
- Call ahead to stores and restaurants to inquire about accessibility specifics (automatic doors, adapted bathrooms and ramps).