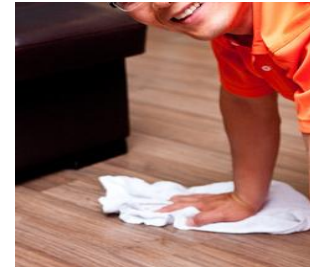


Falls Prevention



Falls are a major health concern that can result in injuries, fractures, reduced mobility, and decreased confidence.

However, there are several things you can do to lower your risk of falling.

Who is at risk of falling?

People who experience any of the following conditions are at increased risk of falling:

- Poor Balance
- Dizziness
- Risky behaviours
- Weakness
- Medication use
- Substance use
- Poor vision
- Depression
- Older age
- Hearing loss
- Confusion/psychosis
- Previous fall(s).

What you can do!

Here are some things you can do to reduce your risk of falling:

- Be physically active every day – exercise helps improve balance and strength
- Eat regular, healthy and well-balanced meals – skipping meals can make you feel weak and light-headed
- Wear proper shoes
- Pay attention when you are walking – avoid multi-tasking, e.g. walking and using a phone
- Plan your outings to allow plenty of time – never rush
- Move slowly when you get out of your bed or chair – getting up suddenly can make you dizzy
- Avoid standing on unsteady chairs or boxes to reach items
- Use walking, balancing, hearing and seeing aids as prescribed
- Manage and monitor your medications properly by consulting with your doctor or pharmacist
- Share any concerns you have about falling with your CMHA Ottawa service provider

At CMHA Ottawa, client safety is our highest priority.

Here are some things you can do to make your home safer:

- Keep rooms and hallways free from clutter that you could trip over
- Remove small throw rugs, or use non-skid treads or double-sided tape to keep rugs from slipping
- Keep frequently-used items on shelves you can reach easily without having to use a step stool
- Use non-slip mats in the bathtub and on shower floors
- Keep your floors clean and wipe up any moisture or spills immediately
- Improve the lighting in your home
- Have handrails on all staircases
- Keep your pathways and steps free of ice, snow, newspapers and leaves
- Ask for help with tasks that you feel you can't do safely.

Should you fall . . .

If you do fall, attempt to land on your bottom if possible.

If you can get up:

- Don't rush to get up – make sure you are not injured before trying to get up or letting others help you get up
- If you are able, crawl to a sturdy, stable piece of furniture such as a couch, and pull yourself up
- Sit and rest, and tell someone that you have fallen – seek medical assistance if necessary.

If you cannot get up:

- Call out for help
- Try to slide yourself towards a telephone or a place where you will be heard
- Make noise with an object to attract attention
- Wait for help in the most comfortable position possible

Falls Prevention Strategies

At CMHA Ottawa, client safety is our highest priority. Our staff will work with you to help reduce your likelihood of falling by teaching you how to avoid falls, and by ensuring that your living environment is safe.