

Falls Prevention Programme

Help us keep your loved ones safe



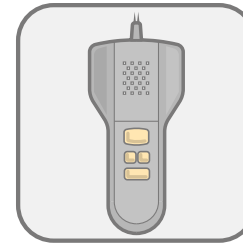
To friends and family

Your friend or family member has been assessed by the medical staff as being at risk of a fall. Please help us keep them safe.

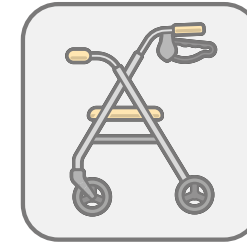
A new environment can often cause changes in a patient's ability to walk or get out of bed or a chair. This puts them at a higher risk of a fall.

Preventing falls is everyone's responsibility. Please follow our recommendations so that we can work together to prevent avoidable falls.

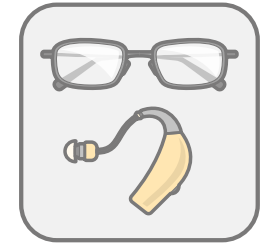
[#thinkfalls](#)



- ☐ **Use the call bell:** If the patient needs assistance, **please use the call bell.** Do not approach the nursing station.



- ☐ **Hold tight:** Please do not help the patient walk or move. **Call for staff assistance.**



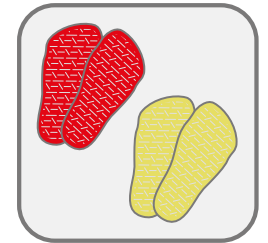
- ☐ **Keep it within reach:** Please keep your friend or family member's personal belongings **close to them at all times.**



- ☐ **Come and say goodbye:** **Please inform staff before you leave** so we can be sure the patient is being properly monitored.



- ☐ **Be on the lookout:** See any environmental fall hazards in the room? If so, **please intervene or let us know.**



- ☐ **Encourage appropriate footwear:** **Ensure your loved one is wearing appropriate footwear.** Proper footwear is essential in helping prevent falls.



- ☐ **Ask for a medication review:** It is important that everyone is aware of your friend or family member's current medication list.




- ☐ **Stay hydrated:** Encourage your friend or family member to keep hydrated throughout their stay. Call for staff assistance if you are concerned.



- ☐ **Maintain a balanced diet:** If your friend or family member is struggling to eat, ask the staff for assistance.



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