

FALLS HURT

If you fall while you are here, you could be injured, which limits your enjoyment of life. Most falls happen when people are getting in or out of their bed, their bedside chair or going to the toilet.

- ✿ We want you to be as safe as possible while in our care.
- ✿ We do not want you to fall and hurt yourself while you are here.
- ✿ It's okay to ask for help if you need it.

Doing these things will help to keep you from losing your balance or falling over.

- ✓ Keep important items within reach, including your call button or call bell.
- ✓ Take your time when you get up. Call us if you feel dizzy, weak, or light-headed – don't get up by yourself.
- ✓ Ask us for help getting to the bathroom or toilet, and use the bell there to ask for help if you don't feel well, or when you are ready to go back.
- ✓ Take extra care on wet or slippery floors.
- ✓ Watch out for any clutter or obstacles in your way, and ask us to move them.
- ✓ Use the handrails in the bathroom and hallway.
- ✓ Use only unmoving objects to help steady yourself. Don't use your tray table, wheelchair, or other objects that can move.
- ✓ If you have glasses, hearing aids or walking aids, use them.
- ✓ Wear well-fitting shoes or non-skid slippers every time you get up. If you need assistance, ask for help to put them on.
- ✓ Make sure your clothing is not too long or too loose – it might trip you up.
- ✓ At night, turn on the light before you get out of bed, and turn on the light in the toilet.

Remember, it's okay to ask for help if you feel unsteady or if there is anything you are not sure about.

We are here to help and we will work with you and your family/whānau/caregivers to keep you safe.

