

Still Falling for You

Understanding the
Risk for Falls

Why are we interested in falls?

alls...

Are one of the most common causes of injury to seniors

Are frequently the primary reason a person is admitted to our communities

Often cause a person to lose confidence and "give up".



The Team Approach to Fall Management

The *TEAM* includes you, your loved ones, and the people caring for you in the center. We have a shared goal to manage fall risk. By collaborating, we can develop person-centered approaches to reduce risk for falls.



HealthCap
RISK MANAGEMENT & INSURANCE

HealthCap
RISK MANAGEMENT SERVICES

Help Us Help You Manage Fall Risk

If you or your loved one fell at home, there is a greater risk for falls here. Working together can help us manage fall risk.

FALL FACTS

People at risk for falling include, but are not limited to:

- Over the age of 65
- Taking multiple medications
- Medications such as cardiac, psychotropic and others
- Deconditioned, out of shape
- Medically fragile or have multiple medical conditions
- Dementia or cognitive impairment
- Currently experiencing falls
- Incontinence
- Dizziness/syncope
- Difficulty walking, standing, balancing
- Vision/hearing impaired
- Acute illness and recovery
- Recently receiving anesthesia
- Malnourished, dehydrated
- Depression
- Sarcopenia

THE INTERDISCIPLINARY TEAM APPROACH

- Asks for your ideas and feedback to identify fall risk.
- Assesses upon admission and on a scheduled basis for fall risk to address identified risk factors.
- Develops a person-centered care plan addressing identified risks for falls with your assistance and/or feedback.
- Provides Physical, Occupational and Recreational Therapy Programs to improve physical, mental and social engagement.
- Provides assistive and adaptive equipment to keep residents active, independent and comfortable.
- Conducts post-fall reviews to determine contributive factors and updates the care plan.
- Communicates with the physician and pharmacist for medication regimen reviews.

SHARE YOUR KNOWLEDGE

- Were there falls or “wobbles”/ “near falls” prior to admission?
- Are there falls outside of the center?
- Notify staff when you end your visit.
- Are there medication side effects such as: dizziness, unable to balance, or a change in their ability to walk? (Please discuss with the attending physician).
- Let us know if you think there is a change of condition.
- What worked at home to reduce fall risk?

INCREASE YOUR KNOWLEDGE

- We can train you on transferring and positioning during off-site visits (never attempt a transfer while on-site).
- Instruct your loved one to move slowly from a lying or sitting position to standing to prevent dizziness.
- Encourage your loved one to walk, stand, balance – **MOVE!** - often using assistive devices.

