

HOPE HEALTHCARE and HOSPICE

Caregiver tips for FALL PREVENTION



The fear of falling becomes more common with people as they age; therefore, it is essential to think about home safety. More than one in three people age 65 years or older fall each year. Often as a patient's illness progresses, they become weaker and/or dizzy as they try to get up. Below are some causes and risk factors for falls, steps to prevent falling, and what you can do if you fall.

Causes and Risk Factors for Falls:

- Eyesight
- Hearing
- Diabetes
- Heart Disease
- Problems with your thyroid, nerves, feet, or blood vessels.
- Medications
- Confusion
- Wet or cluttered floors.
- Pets can often get under foot and trip you up.

Steps to Prevent Falls:

- Use lights to guide you in the dark.
- Keep floors clean, dry, and decluttered.
- Check medication side effects.
- Keep glasses, phones, medication, and remotes, in reaching distance.
- Stand up slowly.
- Use assistive devices (i.e. handrails, grab bars, canes, walker, and wheelchair).
- Wear non-skid socks and low/flat shoes that fit.
- Accept help when you are tired, weak, or sleepy.

What to Do If You Fall:

- Take several deep breaths to relax.
- Decide if you are hurt before getting up.
- If you can safely get up, roll onto your side.
- Slowly get up on your hands and knees and crawl to a sturdy chair.
- Put your hands on the chair seat and slide one foot forward to the floor. Keep the other leg bent, so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you are hurt or cannot get up, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.

Questions or concerns about Fall Prevention?

Call our hospice nurse at (337) 703-4674 or visit our website at
www.hope-hospice.com.

