

What You Can Do

Things you can do to keep safe:

- ▶ Discuss your mobility with us – we can help you develop plans and identify needs to get you moving safely
 - ▶ Ensure footwear is firm and supportive
 - ▶ Ask for help if you feel unsteady or dizzy
 - ▶ If any liquids are spilled, ask someone to clean it up
- don't try to do it yourself.

Please tell us if:

- ▶ You notice anything that may create a trip hazard
- ▶ You need assistance for any reason (including trying to get to something out of your reach)

If you fall while in the hospital please notify us straight away so that we can assess and treat you for any injury and record it in your file.

What Your Family / Whānau Can Do

- ▶ Bring in familiar objects
- ▶ Bring in supportive footwear
- ▶ Bring in your own walking aid
- ▶ Sit with you and help to ensure you are settled and comfortable



For Further Information

- ▶ Talk to a Health Professional on your ward
- ▶ Visit the ACC website for information on preventing falls
- ▶ Contact Age Concern

Ph: 09 820 0184

Falls!



What you should know



How Falls Affect You

Falls are the leading cause of injury hospitalisation and one of the leading causes of injury death in New Zealand. Slips, trips and falls account for about 40% of unintentional injury hospitalisations and 20% of unintentional injury deaths.

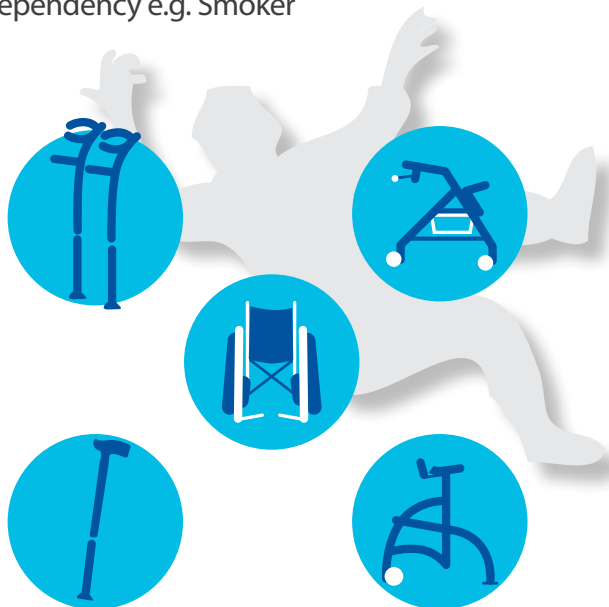
Falls Facts:

- ▶ ACC spent \$715 million in relation to Falls in 2010/11
- ▶ Falls occur equally between males and females
- ▶ Falls affect everyone – of every age
- ▶ Within a hospital setting, most falls occur within 48 hrs of admittance
- ▶ 30% of those over 65 who fracture their neck or femur will die within 1 year of the fall.

Factors that Increase Your Risk of a Fall

The following increase your risk of falling:

- ▶ History of a previous fall within last 12 months
- ▶ Visual impairment
- ▶ Frequent toileting needs
- ▶ Agitation, confusion or disorientation
- ▶ Multiple medications
- ▶ Reduced mobility e.g. using a walking aid because of a painful foot
- ▶ Dependency e.g. Smoker



How we Keep You Safe

While you are at our hospital we will ensure that you are assessed to determine your falls risk and based on this, we will tailor your environment to suit your needs:

What to expect:

- ▶ Orientation to the ward, bed and bathroom areas
- ▶ A clear and uncluttered environment
- ▶ Your possessions within reach
- ▶ Regular contact to see if you require anything – we call this Intentional Rounding.

We may also:

- ▶ Assess your need for a mobility aid
- ▶ Provide you with a low bed
- ▶ Review your medications
- ▶ Place you in an area where we can easily see you

