

If you are a patient in Home Care

Patients who are being serviced by Compassionate Home Care, Inc. and who are at risk of falling are identified by a Fall Risk Assessment score of 15 or greater. This helps alert the staff to take extra care of you and monitor your safety.

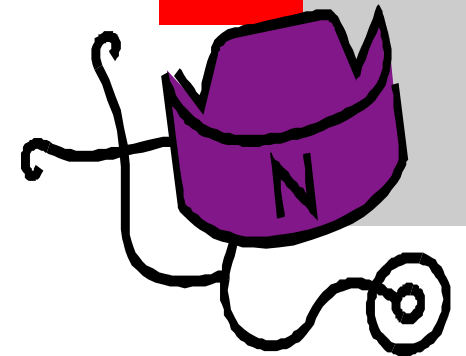
When you are in your home and are too weak to walk please:

- Do not move about in your home or walk to the bathroom alone without assistance
- Call for help immediately should you fall down. Dial 9-1-1.
- Have walkers/canes & assistive devices available at your bedside.
- Read the fall/safety information in your purple admission booklet for more information on patient falls.

**Compassionate Home Care, Inc.
14215 W. McNichols
Detroit, MI 48235**

COMPASSIONATE HOME CARE, INC.

Team Members In *Preventing Falls*



**“Where Compassionate Care &
Customer Service Is Our Priority”**

**Tel: (313)863-CARE (2273)
Fax: (313)836-1852
E-mail: Compassionateinc@sbcglobal.net**

(Nurse Owned & Operated)

Patient Safety and Fall Prevention

Falls are a serious problem and may happen while you are in the hospital/ clinic or at home. One of Compassionate Home Care Inc's. top priorities is to help prevent you from falling.

Please take a few minutes to review this information on patient safety and fall prevention which is meant to help patients and their families:

- Know and understand the causes of falls
- Help prevent falls when in the home
- Make your home safer

General information about falls

Falls happen to both men and women, however, there is an increased number of falls in the older adult. In fact, one third of the people over the age 65 have at least one fall per year.

Falls may result in serious injury and, as we get older, it takes longer to heal from a fall. Patients who fall while they are being hospitalized may even require a longer hospital stay to recover from their injury.

What are the causes of falling?

Falls are caused by medical or environmental conditions.

Medical Conditions include poor vision and/or hearing, dizziness, confusion, Parkinson's Disease, stroke, side effects of some medications, and problems walking .

Environmental Conditions include cluttered living areas, poor lighting, area rugs, long cords, pants that are too long and shoes that do not fit properly

What can you do to prevent falls?

1. Know your surroundings
2. Learn the side effects of your medications
3. Wear your glasses or hearing aids and keep them clean in good working condition
4. Wear shoes that fit or slippers with a grip sole
5. Have good lighting in hallways and walkways
6. Avoid use of area rugs or runners
7. Use stair rail on stairs or grab bars in bathroom
8. Avoid use of long cords
9. Keep hallways and floors clutter free
10. If you use a wheel chair, remember to lock the brakes when you get in and out of the chair
11. Rise slowly from a lying position and sit up for a few minutes to give your body time to adjust
12. Make sure that your walker or cane is the correct height
13. Drink plenty of fluids during the day