

You can reach us at:

This information is also available at:  
[www.BristolHospice.com](http://www.BristolHospice.com)



## Fall Safety

If your loved one experiences a fall, please call! **We are available 24/7!**

**The goal is that we will work to reduce your loved ones chance of falling.**

This means:

1. Attempting to create the optimal environment for your loved one that will reduce their chance of falling.
2. Continually assessing your loved one's status and environment to anticipate movements and desired items to reduce their chance of falling.
3. If a fall does happen, implementing interventions that decrease your loved one's chance of another fall.

### What is the definition of a fall:

If your loved one has a sudden, unintentional change in position causing them to land at a lower position level this is considered a fall. Even if your loved one is not hurt by the fall, please call the 24/7 Bristol phone number to have a nurse assess for non-visible injuries. We want to help.

### How to identify your loved one might be at risk of falling:

1. Signs of an altered awareness of their surroundings
  - a. If your loved one has difficulty with their memory
  - b. If your loved one has difficulty with their vision
  - c. If your loved one is on a medication that makes them sleepy or dizzy or confused
  - d. If your loved one struggles to understand their limitations
2. Signs of tripping hazards, such as:
  - a. Loose rugs
  - b. Wrinkled carpet
  - c. Items on stair steps
  - d. Items on the floor in walking paths
  - e. Dim or poor lighting
  - f. Pets
  - g. Unstable furniture
  - h. Cords or wires in walk ways
  - i. Bottom drawers not properly closed
  - j. Uneven walking surfaces
  - k. Lack of handrails on stairs
  - l. Lack of grab bar by toilet or in shower
  - m. Difficulty using assistive devices such as walkers or canes

# HOME SAFETY

## FALL PREVENTION STRATEGIES

### LIGHTING

#### Switches and Lamps

Make sure lamps provide ample lighting to a room. Switches should be easily accessed.

#### Low Lighting

Utilize night lights, especially from bedroom to bathroom. Consider also placing night light near steps.

#### Glare

Reduce glare by covering exposed light bulbs with a shade or globe. If unable to cover the bulb think about utilizing frosted bulbs

### FLOOR AND HALLWAY

#### Clutter

Move furniture/other items so that there are clear pathways

#### Throw Rugs

Remove throw rugs, replace with low pile/thin non-skid rugs, or apply nonskid tape/pads underneath

#### Carpets

If carpets are worn consider repairing or replacing. Make sure edges are taped down if they are prone to buckling or curling

#### Tile/Linoleum/Wood

Utilize non-skid rugs for slick surfaces. If able apply nonskid floor wax.



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embracing a reverence for life

### STAIRS

#### Handrails

Make sure all stairs have a hand rail. If hand rail in place, make sure it is well anchored

#### Steps

If steps are slippery apply a nonskid tread. Repair any worn carpet. Consider applying brightly colored tape for better visibility of the steps.

### BATHROOM

#### Toilet

Consider installing grab bars or toilet riser to ease sitting and standing

#### Tub/Shower

Install wall-mounted or tub-attached grab bar. Consider utilizing a shower chair or transfer bench. Place a non-slip rubber mat on the floor of the shower or tub.

#### Tiles/Linoleum

Apply non-skid strips or decals to the floor- especially in front of tub and toilet.

### FURNITURE

#### Bed

If the bed is too low replace with thicker mattress or add a topper to increase height. If too high replace with thinner mattress.

#### Seating

Make sure chairs are easy to sit and stand from. If too low add a cushion or a lift to add height. Make sure all chairs and couches have armrests.

#### Storage

Keep frequently used items in easy reach, approximately at waist level. Use a grabber device to get items from the floor or from up high.