

## How can family and friends help to prevent falls?

- Before leaving ensure bed area is uncluttered and put your chair away
- Place call bell in easy reach
- Inform staff of any concerns eg change in behaviour, confusion, disorientation
- Ask staff to replace bed rails if they are in use
- Ensure resident has well fitting footwear with them and that their clothing will not cause them to trip. For the continuing well-being and safety of the resident inappropriate footwear may need to be replaced.

Half of those with hip fracture never regain their former level of function and one in five die within three months

## If you have a fall

Staff will take try and identify what contributed to the fall and aim to reduce the risk of you experiencing another fall. This may result in changes being made to your care plan which will be discussed with you and/or your relatives.

## Footwear



Avoid sloppy slippers and shoes and worn down heels and backs



**Good Examples**

**Bad Examples**



## Falls Prevention in Care Homes



Information for Care Home Residents, Relatives and Friends on how to help reduce the risk of falling

## GreenFInCHES

### (Greenwich Falls in Care Homes Elimination Strategy)

GreenFInCHES is a falls prevention programme developed by Greenwich CCG. The aim is to support care homes in reducing the number of falls by using multiple approaches and training. One of the strategies in place is if you are identified as at risk of having a fall you will have a picture of a greenfinch in your room to alert anyone involved in your care to that risk.

### Reasons for Falls

There are a number of reasons for an older person falling. These may include:

- Medical conditions e.g. Dementia, Parkinsons, stroke, diabetes
- Poor eyesight/hearing
- Unsafe footwear/loose fitting clothing
- Some medications

And these are just a few. Falls are often caused by a combination of risk factors.

### Falls Statistics

- The risk of injury after a fall is higher in the elderly due to reduced protective reflexes and greater bone fragility (Dhital: 2010).
- 70,000 people suffer an osteoporotic hip fracture due to falling each year (British Orthopaedic Association: 2007).
- Risk of a hip fracture 10x higher for

## Falls In Care Homes

- Approximately 60 per cent of people living in care homes experience recurrent falls each year (DH 2009).
- 25 per cent of falls in institutions result in fracture, laceration or the need for hospital care (MacLean: 2007).

Everyone has a role to play in preventing falls.

### Preventing Falls

The measures detailed in this leaflet are designed to try and protect you from falling and injury. However, falls can not always be prevented even if all things mentioned in this leaflet have been tried. By working in partnership with you and your relatives we can try hard to reduce falls.

A risk assessment will have been completed and where appropriate an action plan developed and discussed with you. If you are at risk of a fall a picture of a greenfinch will be put in your room.

Tell a member of staff if you:

- ◆ Feel anxious or fearful of falling
- ◆ Feel dizzy
- ◆ Have palpitations
- ◆ Have pain or difficulty passing urine or need to go more often than usual
- ◆ Feel muddled or not your normal self

## As a resident what can you do to help stop yourself falling?

- Use your **call bell** to get help if you need assistance to move
- Be careful of **equipment** that may be in your way
- Make sure you use your **walking aid** if you need one
- Wear comfortable **clothing** that is not too long or loose so that you cannot trip over it
- Wear **shoes or slippers** that fit properly, are low healed and non-slip
- If you wear **glasses** make sure they are the correct ones and are clean
- If you wear a **hearing aid** make sure it is clean and working properly
- Take your time when **standing up** or getting out of bed so you can get your balance
- If staff recommend that you need **assistance** when moving, please ask them for assistance and wait until they come to help you
- Drink plenty of **fluids** to prevent dehydration