

## Helping to stop falls in hospital



## Staying safe, preventing falls



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.



Tell the nurse if you have fallen before or are afraid of falling.



Sometimes people fall because they are ill.



Sometimes people fall because the place is unfamiliar.

## Helping to prevent falls in hospital



Use your call bell to ask someone to help you get up and move around; especially if you have been asked to get help, feel weak, dizzy or wobbly.



Take your time getting up; especially if you have been sitting or lying down for a while.



It is important to get moving when you are well.

Do not sit for too long, get up every hour or so to move or stretch.



If you need a walking aid, only use the ones given to you by a health professional.



Please ask for help with walking if you need it.



Always wear well-fitting shoes, full slippers with rubber soles or we can provide grippy socks.



Always wear your glasses and hearing aids.



Keep drinking during the day to help you stay well.



Let the nurses know if you would like help with eating and drinking.



For your safety the bed rails may be up or down.

## Advice to family and friends



Please talk to the staff about any concerns you have of your friend or loved one falling.



Try to take bags and unnecessary personal items home so no clutter is left around the patient's bed.



When you leave make sure the call bell is near the patient so they can get help when needed

## If you do fall

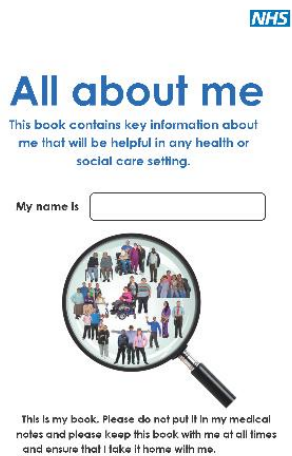


If you do fall you will have an assessment to make sure you are ok.



Doctors or nurses may try other things to help keep you safe.

If you have an All About Me Booklet please bring it with you.



If you don't have one you can complete digital one.



SCAN ME

Scan this QR code with your phone camera.



Scan this QR code to see our range of easy read information.

SCAN ME



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