



Falls Prevention Program

A VCBIS Participant Safety Program

OUR GOAL

To educate VCBIS participants, families, staff and volunteers of the health risks associated with falls and provide prevention strategies to reduce the risks of a fall.

Did you know?

Falls were the second leading cause, after motor vehicle collisions, of injury- related hospitalizations for all ages.

Statistics from 2005 Public Health agency of Canada.

Who is at Risk?

Falls happen for many reasons; however, there are several factors which are known to increase a person's risk of falling:

- Poor balance
- Poor vision and/or hearing
- Weakness
- History of falls
- Certain medications

- Older age
- Environmental such a slippery floors, loose rugs and
- Winter conditions.

Participant Fall Prevention Plan – What You Can Do?

The four key areas that will be looked at in each Falls Prevention Plan will be:

1- Regular Exercise

Your doctor, physiotherapist and/or occupational therapist can be called to complete an assessment and implement an exercise program for you that will focus on strength improvement as well as balance and coordination exercises. Staff will encourage the participant to complete these exercises as often as possible.

2- Medication review

The participant and the Counsellor will review with the family physician the participant's current medications and the possible side-effects such as dizziness or light headedness that may lead to a fall.

3-Vision

Visual acuity decreases with age. Therefore, periodic eye exams or checkups are recommended. Be aware that either old prescriptions or new prescriptions can alter the visual field and cause falls. Also participants should be reminded to clean their glasses daily.

4 -Household safety review (Create a safe home environment)

- Chairs with armrests for support make getting up and down much easier.
- Store items at waist level to avoid overstretching. Keep the phone within easy reach.
- Remove throw rugs from floors.
- Keep floors, stairs and hallways free from clutter.
- Make sure lighting is good – no burnt out lights in areas where someone could fall
- Use a night light or keep a flashlight by the bed.
- Wipe up spills immediately.
- Use handrails when taking the stairs.
- Check the stairs for any broken or worn steps and make sure there is nothing left sitting on the stairs.
- Check railings for broken or missing railings
- Make sure all sturdy poles are secured and in good working condition.

What Staff Will Do?

These actions will be taken by VCBIS staff to help reduce falls:



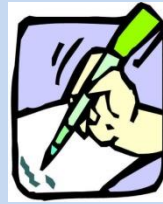
Clean up spills remove promptly.



Report and broken equipment.



Adhere to VCBIS footwear policy by wearing non-slip, secured footwear.



Report any fall related hazards using VCBIS VCBIS Hazard report.



Use approved transfer procedures only.

Ensure proper use of brakes on mobility aids.

Promote safe activities.

YOUR INPUT IS IMPORTANT TO US, SO WE WANT TO HEAR FROM YOU!!

We may ask you to complete a survey or participate in a discussion from time to time to gather your feedback about our services. Your opinions and comments about your experience at VCBIS are important to us and help us continue to improve. See something unsafe? Something we have missed or can do better? We want to hear about it right away. Don't wait for a satisfaction survey to tell us about a problem- we want and appreciate your feedback because it helps us to improve.

If you have any questions, concerns or compliments about services at VCBIS, please contact us at (613) 234-4747

VCBIS Falls Prevention Program includes:

- **Community, environmental and safety assessments in order to assess individual client safety needs.**
- **Coordinating referrals to physiotherapist or occupational therapist as needed.**
- **Individualized support procedures for clients who are at risk for falling.**
- **Staff training and education regarding falls prevention and safe transferring techniques.**
- **Preventative Equipment Maintenance Program.**
- **Client and Family education on Falls Prevention.**
- **Safety precautions to reduce falls and minimize fall injuries.**
- **Documenting and investigating all falls that happen at VCBIS sites in order to prevent reoccurrences.**
- **Monitoring and analyzing data on falls to identify trends and make improvements.**



