

## Information for those at risk of a fall

**Staff will discuss with you and your family/carer why you are potentially at risk of falling.**

**History of a fall** - If you have had a previous fall at home, there is an increased risk that you will fall again. Staff will talk to you and your doctor to review your health status and medications.



**Mental status** - If you are unwell, you may become confused or disorientated - causing you to fall. You may need assistance when walking and help to the toilet. You may also be located close to the nurses' station, placed in a lower bed and/or have someone with you at all times.

**Vision** - If you usually wear glasses, keep them clean and wear them when you are walking. Turn on the lights at night and wait for staff to assist if you feel uncertain.

**Toilet use** - If you have to go to the toilet a lot, have a feeling of urgency, or need to get up during the night, staff will locate you near the toilet. They will regularly offer to assist you to get to the toilet and provide you with a urinal and/or commode.

**Transfer/mobility** - If you are unsteady, or find it difficult to move from the bed to a chair, you may need equipment/aids to help make you safe. It is important that you ask staff to assist you and wait for them to come.

**Medications/medical conditions** - If you have a medical condition, or taking medications that affect your balance, or cause your blood pressure to drop when you stand, staff will arrange a medical review, check your blood pressure lying and standing and encourage you to sit up or stand up slowly and to wait for assistance before you get out of bed.

For further information scan this with your smart phone

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Web: [www.cec.health.nsw.gov.au](http://www.cec.health.nsw.gov.au)

