

**CASA DE VIDA SENIOR LIVING**  
**FALL PREVENTION**  
**JANUARY 1 , 2017**

Falls are the leading cause of fatal and non-fatal injuries in older adults, and one third of adults over age 65 fall every year. Falls in which your head is injured may affect your brain's ability to function normally, causing unconsciousness, confusion and other symptoms.

Staff training on environmental safety and fall prevention, nutrition and hydration, toileting and assistance in transfers and ambulation.

Educate the resident and family on the following:

Adequate fluid intake and good nutrition will improve your physical strength and sense of balance. Encourage regular physical activity to improve strength and balance. Turn on lights when you enter a room so you can clearly see obstacles. Consider installing extra lighting in areas that tend to be dark. Wear shoes or nonskid slippers every time you get out of bed.

Ask for help to go to the bathroom. Toileting often to avoid "rushing". Make sure the path to the bathroom is clear. Use only unmoving objects to help steady yourself. Don't use the tray table, wheelchair, or other objects that can move.

Use the handrails in the bathroom and hallway. If you wear glasses or hearing aids, use them. Keep important items within reach. You can always call for assistance just by asking in your normal voice, you can be heard through the monitors.

We have removed throw rugs as they are a fall hazard. Always cover or put objects out of the way that may increase the risk of tripping and falling, such as shoes or electrical cords.

Know when to ask for help, and don't be afraid to ask for help. Call for assistance if you feel dizzy, weak, or lightheaded. Don't get up by yourself.

**Environmental Safety:**

We have grab-bars in the bathrooms and bedrooms for assistance. We minimize obstacles in hallways and bedrooms and make sure floors are not slippery. There are gradual transitions when changing flooring materials (hard surface to carpeting) to minimize falls, and provide handrails or other support in these areas. We have minimized sharp color contrasts in flooring, and avoid borders with strong busy patterns. We have chosen contrasting colors between the floor and chairs and tables and installed motion detectors in rooms of residents prone to falls.