



Are you at risk for FALLS?

The Ottawa Hospital wants you to **STAY SAFE!**



CHECK YOUR FALL RISK!

COMPLETE “STAYING INDEPENDENT” CHECKLIST

DO YOU HAVE 4 OR MORE POINTS?

- 1** Discuss with your family physician
- 2** Review the home tips in “A GUIDE TO PREVENTING FALLS”
- 3** Bring family to visits
- 4** Get regular health check-ups
- 5** Stay active

FALL PREVENTION TIPS

These simple tips can help you prevent a fall:

CALL FOR ASSISTANCE OR HELP

If you feel unsteady or dizzy, call for assistance. Safety is a priority.

ALWAYS USE YOUR WALKING AID

Do not grab onto furniture or risk a step without your walking aid.

TAKE YOUR TIME

Give yourself time to reach your destination. Do not rush to the bathroom, to stand up or to your clinic area.

SIT DOWN WHILE GETTING CHANGED

Sit down when changing into a gown, or when putting on pants, socks and shoes.

Adapted with permission from Sunnybrook Health Sciences Centre, 2013

THE OTTAWA HOSPITAL HELPS WITH SAFETY!

WE WILL:

- ✓ Ensure your mobility aids are within reach
- ✓ Offer to help you
- ✓ Keep your family with you as much as possible
- ✓ Use non-skid wax
- ✓ Clean up spills quickly
- ✓ Check our hospital equipment regularly
- ✓ Work to reduce clutter
- ✓ Encourage use of eyeglasses, hearing aids and walkers/canes