



## Preventing Falls

### Safety information for Patients and their Families attending clinics with infusions, treatments or procedures

Sometimes treatments, procedures or medications can make you feel less alert or more weak than usual. You and your family can help keep you safe and to reduce the risk of an injury.

We offer some **extra** tips for you and your family or companion. Remember to:

- Complete the “**Staying Independent: Check your Fall Risk**” and discuss your concerns with your family physician.
- Alert the Health Professional in a clinic or treatment room if you have any immediate concerns on the day of your visit.

#### Helpful things to remember.....

- √ Wear stable, comfortable shoes (like running shoes) or slip-resistant socks.
- √ Call for assistance when getting up.
- √ Do not use unsteady items such as infusion poles, pumps or tables to lean on.
- √ Use your cane, walker or other aids at all times.
- √ If you have been lying down, sit up and count to 10 before standing. Go slow!
- √ Stay safe! Be aware of where you are.....
  - Is there water on the floor?
  - Is your IV tubing lying on the floor?
  - Is your IV pump unplugged if you are walking?
  - Is your walking path clear?
- √ Know your body and tell someone if you notice e.g.:
  - You are *more drowsy, dizzy, weak, have a change in your memory, or vision*
  - Other: \_\_\_\_\_

#### For the Family/Companion.....

- √ Assist your loved one to walk around when allowed. Ask first.
- √ Keep call buttons close (if available) and remind your loved one how to use it.
- √ Tell a health professional if you notice your loved one is more drowsy; dizzy or weak.
- √ Tell staff if there are spills or unsafe areas.