

# Preventing Your Loved One From Falling

Although not every fall can be prevented, there are some things that you can do for your loved one to protect them from potential hazards.

- Balance/strength – you may notice that your loved one needs more assistance now which may continue to increase. Use assistive devices such as a long-handled, pick-up tool to retrieve items from the floor rather than bending over.
- Review your loved one's medications with your nurse to check for use of medications that may cause drowsiness or dizziness.
- Remind your loved one to wear their glasses and hearing aids if they usually do because they can decrease their risk of falling.
- Turn lights on, use nightlights at night or in darker areas. Light helps to keep everyone safe. If you can't see, you can't step safely.
- Maintain a safe home environment by removing area rugs. Place grab bars in the bathroom next to the toilet and/or in the tub or shower. Monitor the location of oxygen tubing during transfers so your loved one doesn't trip. Also, consider moving pets to a separate area when your loved one is transferring to a different position or location.
- Keep things your loved one may reach for close at hand such as their cup, remote control, phone, or personal items.
- Be patient and encourage your loved one to ask for help, even if it seems like a simple task.
- Don't rush! Take your time. Helping others is also hard work. Encourage your loved one to change positions slowly. Sometimes our bodies need extra time adjusting from lying to sitting to standing.

**Your care team is here to help. Please let them know if you have any concerns so we can help your loved one remain as independent and keep both of you as safe as possible.**

## **When to call Empath:**

- If there's an accident or fall
- If your loved one complains of pain after a fall
- If any area (arm, leg, hip, etc.) is in an unusual position
- If fluid is draining from the patient's mouth, ears, nose, or if he or she is bleeding

**Call Empath Health with any questions (888) 855-2838:** \_\_\_\_\_

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