

Fall Prevention Training Sheet

WHY IS FALL PREVENTION IMPORTANT?

Falling can cause serious, sometimes painful wounds, including broken bones and head injuries. As disease progression occurs, you will notice an increase in weakness and the need for more assistance. There are a number of things that can be done at home to prevent falls.

WHAT SHOULD YOU REPORT TO THE UNITY TEAM?

- Concerns about steadiness or safety when walking or standing up
- Any increased weakness
- Decreased alertness
- Any agitation
- Going to the bathroom more frequently or urgently

POSITIONING AND TRANSFERRING

Helpful Hints for Caregivers

- Do not attempt to lift. If lifting is needed contact Unity.
- Do not let your back do the heavy work. Instead, use your legs.
- Get close to the individual you are repositioning to ensure safety.
- Avoid letting the individual put their arms around your neck.
- Place transfer surfaces (wheelchair and bed) close together when assisting with a transfer.
- Ensure wheelchair brakes are in the locked position.
- Never pull on the individual's arms or shoulders when transferring.
- To increase safety, a gait or transfer belt that slips around the individual's waist can be provided by the Unity team.

THINGS YOU CAN DO TO PREVENT FALLS:

- Clear walkways of any objects that might cause tripping.
- Arrange furniture so there is a clear path for walking.
- Remove throw rugs.
- Use non-slip mats in the bathtub and shower.
- Use night lights and ensure lamps are within easy reach.
- Choose footwear with light, non-slip soles.
- Install grab bars in the bath and near the toilet.
- Keep frequently used items on shelves that can be easily reached.

The Unity team will assess safety during visits and may suggest assistive equipment such as a hospital bed, raised toilet seat, bedside commode, wheelchair, walker or cane.

Contact Unity as soon as possible should a fall occur.



Call Unity 24/7 at **920.338.1111** or **800.990.9249**

If there is no answer and the phone continues to ring, call **920-490-7418**.