

Falls Prevention

Tips and Advice



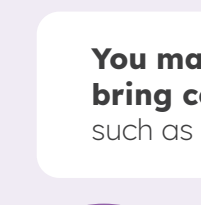
Did you notice anything odd today or out of the ordinary? If so, speak to member of staff and report this.



Be mindful how many people are in your loved one's room as this can impact space for movement.



Notify staff if you wish to change or remove things within your loved one's room.



You may need to seek staff permission to bring certain things into the care home such as pets as these can be a trip hazard.



If your loved one has had a fall whilst you are visiting, please tell a member of staff as a matter of urgency.



Please be mindful this is a home for a number of loved ones, and we have everyone's best interest at heart



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The information contained in this document can be translated and/or made available in alternative formats, on request.

References

Information in this leaflet has been taken from:

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Published May 2025
DS23_8786



Falls Prevention

for family, friends, and visitors to care homes



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Introduction

This brief leaflet outlines the topic and the risks behind falls for residents of care homes. This has been created to provide guidance on ways we can prevent the risk of falls for the benefit of relatives, friends and visitors who frequently visit care homes.

With your help and consideration, we can support residents' safety and prevent a fall.

What is a Fall?

According to the World Health Organization (2021), a fall is defined as an unintentional event which causes a person to fall onto the floor or the ground. Falls can be a result of trips or slips associated with the loss of balance. Falls can also be a result of inability to detect changes in surroundings which can happen anywhere within a person's home.

Factors causing falls in a care home

According to research the most common reasons for falls within care homes are:

- Using another residents' walking aid which is not adjusted to the right height for the person
- New obstacles within the surroundings e.g., chairs or other furniture that has been moved
- Not drinking enough fluids
- Drinking too many caffeinated drinks, causing the person to need the toilet more
- Walking unsupervised when the resident requires support
- Not wearing suitable footwear e.g., shoes with no back support
- Poor physical strength
- Difficulties with balance



What happens to our bodies after a fall?

After a fall, our bodies can react very differently. It is important to note there can be severe impacts which may lead to major health complications or even death.

Some of these complications are the following:

Rhabdomyolysis (is where the body attacks itself causing muscles to breakdown sending toxins into our bloodstream which can lead to kidney failure), **Dehydration, Pressure injuries, Hypothermia, Pneumonia and Increased fear of falling again.**

What can you do?

To prevent slips, trips, and falls in our home, please:

- ✓ Ensure chairs and tables are returned to where they were to prevent trip hazards
- ✓ If your loved one wants to walk, ensure their path is clear and they have their own walking aid (if needed)
- ✓ If your loved one needs hoisting equipment, please wait for a trained member of staff to assist
- ✓ Notify a member of staff when taking your loved one out
- ✓ Take any unwanted items home to increase bed-side space for your loved one
- ✓ Inform a member of staff when you leave, particularly if you're leaving your loved one alone

