



Tips to Prevent Falls

We would like your stay at Talahi Care Center to be as safe as possible. To decrease your chance of experiencing an accidental fall during your stay, please review the following tips:

Tips for residents:

- Do not hesitate to call a nurse for assistance when you need to get out of bed if you have been instructed to or if you are feeling weak or dizzy. (Some medications may have side effects that make you feel weak or dizzy.)
- Sit at the side of the bed for a few minutes before you get up.
- If you use a walker, cane, or wheelchair at home, let the nurse know or bring in yours to use while staying at the care center. Keep these devices within reach and remember to use them.
- Wear properly fitting shoes or slippers when up.
- Pay close attention to any tubing, such as oxygen, catheters, etc. that may interfere with walking.
- The side rail at the bottom of the bed towards the door will be kept down unless you request that it be kept up. Please do not attempt to climb over or through the rails. Call the nurse for assistance.
- Do not use bedside tables for support as they have wheels and could roll away from you.
- Notify the nurse of any spills or wet areas on the floor so they may be cleaned up quickly.
- A bed alarm may be used to remind you to call for help when getting out of bed.

Thank you for your cooperation!



Tips to Prevent Falls

We would like residents to be as safe as possible while at Talahi Care Center. To decrease the chance of an accidental fall during the residents stay, please review the following tips:

Tips for family members or visitors:

- Before you leave the room, we ask that you make sure the nurse call light and the bed stand is within reach of the patient. (Items such as the phone and tissues should also be in reach.)
- Some medications may have side effects that produce weakness or dizziness. If you notice these symptoms please notify the nurse.
- Consider staying with your family member if they are at a high risk for falling or confused.
- Notify the nurse before leaving a confused or disoriented resident, so appropriate safety measures can be taken.
- Reinforce to the resident the need to ask the nurse for help when getting up, by using the call light.

If your loved one has a red leaf located in their door frame or wheelchair or walker, they should not be left unattended and be moved to a public place and nursing be notified.

Please feel free to ask questions about our falls prevention program.