



REDUCING YOUR RISK OF FALLS AND RELATED INJURIES

A Guide for Residents & Families

All residents are at risk of falls and fall-related injuries. When you move into a BSF Lifestyles home, your care team will complete a personalized fall assessment. Based on this, a care plan will be developed to support your safety and mobility.

Universal Fall Precautions

These are precautions we take for **all residents** to help keep you **SAFE**:

Safe Environment

- Keep your room and pathways free of clutter and tripping hazards
- Make sure bed or wheelchair brakes are always “on”
- Ensure lighting is adequate; use night lights or leave the bathroom light on overnight

Assist with Mobility

- The team can help determine the right mobility aid for you
- Keep glasses, hearing, and mobility aids within easy reach
- Staff are available to assist with regular toileting as needed

Fall Risk Reduction

- Keep your call bell and personal items close by
- Your bed will be adjusted to a safe height for getting in and out of
- Wear non-slip footwear at all times

Engage Resident and Family

- Your care team will talk with you and your family about your fall risk factors
- Together, we'll create a personalized plan to reduce your risk of falls and injuries

Room Setup

When you move in, your care team will review room set-up guidelines with you. These guidelines will help ensure you minimize fall hazards in your room as you unpack and settle in.

Identifying Higher Fall Risk

If you are assessed as medium or high fall risk, a leaf symbol will be placed on your mobility device or door to alert staff and volunteers of your fall risk.

Preventing injuries

Your care team may recommend additional tools to reduce the risk of injury if you fall.

Hip Protectors

Falls are the most common cause of hip fractures. Hip fractures are associated with a high degree of disability and death. The chance of sustaining a hip fracture can be greatly reduced by wearing hip protectors.

Hip protectors absorb the impact of a fall and help protect the bone. To be effective, hip protectors should be worn 24 hours a day.

Fall Mats

Fall mats are impact absorbent mats that can be placed on the floor at the bedside. They are designed to absorb the impact of a fall if you land on it and can reduce injuries when the bed is also placed in the lowest safe position.

It is important that these mats are picked up off the floor when you are not in bed as they can become a tripping hazard.

Bed Rails

Bed rails have both risks and benefits. They may cause more serious injury if you climb over the bed rail and fall from a greater height or climb out from the end of the bed.

You can also become trapped between the mattress and bed rail. This can cause severe injury to your limbs, head, neck, or chest.

Bed rails can also increase restlessness due to feeling isolated or restricted in bed. Bed rails also have benefits and can help you to turn and reposition yourself and transfer out of bed.

Your care team will assess these risks and benefits for you to determine and recommend your use of bed rails.

Medication review

Our pharmacists can help by reviewing your medications. Some medications may contribute to your risk of falls. Others can help keep your bones strong.

Nutrition support

Our dieticians will review your diet and nutrition. Poor nutrition can increase weakness, lethargy and increase the risk of falling.

For more information, please contact the Program Manager or Director of Care.