

## Your Family Member is at Risk for Falling: Help Us Keep Them Safe

Your family member is at risk for falling. This sheet explains:

- What we are doing to lower your family member's risk for falling
- What you can do to lower your family member's risk for falling

### Why is My Family Member at Risk for Falling?

All patients in the hospital have some risk for falls. Even if your family member does not look or feel any different than normal, they are still at risk.

These are some things that may put your family member at risk:

- Recent falls
- Older age
- Vision problems
- Depression or anxiety
- Addiction
- Problems with:
  - Memory
  - How well they are thinking
- How well they are walking on their own
- Dizziness
- Weakness
- Bowel or bladder problems
  - Needing to use the restroom a lot
  - Not being able to control bowel or bladder
- Stomach problems
  - Upset stomach
  - Vomiting (throwing up)
- Some medicines
- Not eating for more than 24 hours (1 day)
- Other health problems, such as low blood sugar

### What Could Happen if My Family Member Falls?

If your family member falls, it could:

- Take longer for them to heal from their current health problems
- Take longer for them to get back to their normal activities
- Make them need more help from you and others
- Injure them badly (such as a broken hip or bleeding in the brain)

### What Can I Do to Keep My Family Member Safe?

Call for help every time your family member needs to get up then wait for the help to arrive. Do not try to get them up on your own. Call for help:

- Even for short trips, including going to the bedside toilet or bathroom
- When they need to get items they cannot reach from their bed

The staff wants to help your family member stay safe. Use the nurse call button to ask for help and wait for the help to get there.

## What Items in the Hospital Room Can Help Keep My Family Member from Falling?

As your family member's risk for falling goes up, we will put items in place to keep them safe. Here are some of the things you might see in their hospital room:

1. Non-slip socks help to keep them from slipping on the floor. Remind your family member to always wear these when they are out of the bed.
2. Yellow arm bands and a fall sign are a reminder to you, your family member, and hospital staff that your family member is at risk for falls. Please encourage your family member to leave their arm band on so we can take care of them.
3. Fall alarms let nurses know that patients are trying to get out of bed. Please remember to use the nurse call button and ask for someone to come help your family member get up. We care about your family member's safety and are here to help. Please do not touch the alarms.
4. Fall mats are put on the floor to cushion the floor and lessen the injury if your family member falls. Please leave these in place. Remember, if the patient's feet touch the mat, a staff person should be there to help them.



## What Else Should I Know?

<b>F</b>	Falls cause death more often than any other injury. Falls in the hospital are serious. Nurses will assess your family member's risk often while they are in the hospital.
<b>A</b>	Allow staff to stay with your family member when they go to the bathroom. It will help keep them safe. Most falls happen when people are using the bathroom.
<b>L</b>	Let staff know before your family member gets out of bed. They may not look or feel sick, but they can still be at high risk for falls.
<b>L</b>	Leave the bed as low to the ground as possible for safety.
<b>S</b>	Side rails, bed alarms, fall mats, positioning belts, and other fall devices are there for your family member's safety.

## Remember

Your family member is at risk for falling.

We want to keep your family member safe. We can do that better if you and your family member partner with us.

You can help by keeping your loved one's safety gear (socks, arm bands, alarms, mats) in place and by calling us when the patient needs to get up.

**Thank you for helping us keep your family member safe.**