

Bed Safety

Potential Risks (side rails may not be the best solution for you)

- Getting caught in or between the bed rails can cause both minor and major injuries.
- Causing a more serious injury from climbing over the bed rail because it is a higher distance to fall.
- Preventing residents, who are able to get out of bed, from performing routine activities.

Injury Prevention

- Hip fractures are commonly caused by falls, restricting you from performing routine activities, such as using the bathroom, and are associated with a high degree of permanent disability or death.
- The chance of sustaining a hip fracture can be greatly reduced by wearing hip protectors.
- Falls can happen anywhere at any time therefore it is recommended hip protectors should be worn day and night.
- Hip protectors are tight fitting undergarments filled with thick pads to protect the hip joint. They reduce the risk of hip fractures by more than 50%.

**The staff will assess your need for
HIP PROTECTORS**

**If you would like further information, please
contact the Care Team.**

Fall Prevention



Inglewood Care Centre

A Guide for Preventing Falls and Related Injuries

All residents at Inglewood Care Centre are at risk of falling. Here are some ways that you, your family, and friends can help reduce the risk of falling or minimize injury resulting from a fall.

Please read this pamphlet and, if you have questions or concerns, do not hesitate to discuss them with the care team.

Environment

- **Room Furniture:** Please do not rely on the furniture to support you. Use your walker. If you have difficulty using your walker in your room, please talk to the care team about re-arranging furniture. The care team is comprised of the RN, LPN, OT, and PT.
- **Belongings:** Keep your personal items, including your phone, within easy reach.
- **Call Bell:** Please use your call bell to get help if you need assistance to get out of bed or a chair, or to go to the toilet. Please be patient and wait for help to arrive.
- **Bathroom:** Many falls occur when people are getting up to the bathroom. Ask for assistance. Use the handrails by the toilet and sink if necessary. Take your walker into the bathroom.
- **Lighting:** Ask how to turn on the lights over your bed, in your room, and in your bathroom. Be sure to always use them.
- **Vision and hearing:** Wear your glasses and hearing aides. Ask for assistance if they need repairing.

Keep Active

- **You need to keep mobile.** “If you don’t use it, you will lose it.”
- **Participate in exercise and activity programs.** Check your monthly calendar for activities and times or speak to the recreation department.
- **Footwear:** Wear properly fitting shoes (i.e., walking shoes, runners) and properly fitting, non-slip slippers.
- **Mobility Aids:** The therapy staff can assess your needs and help you decide which mobility aid is best to assist you to move around safely.
- **Sit before Standing:** Sit on the edge of the bed for two to three minutes before standing. Standing up quickly or after being in bed for a long time can make you dizzy. If you feel dizzy upon standing, gently sit back on the bed and call for assistance.
- **Inform your nurse when you experience dizziness or weakness.**