



FALLS PREVENTION PROGRAM

A CHIRS Client Safety Program



OUR GOAL

CHIRS is committed to providing clients, families, staff and volunteers with education, information and strategies to prevent falls and fall-related injuries.



CHIRS Falls Prevention Program

Did you know?



Falls were the second leading cause, after motor vehicle collisions, of injury-related hospitalizations for all ages.

Statistics from 2005 Public Health agency of Canada.

Who is at Risk?

Falls happen for many reasons, however, there are several factors which are known to increase a persons risk of falling:

Poor balance
Poor vision and/or hearing
Weakness
History of falls
Certain medications
Older age
Environmental such a slippery floors, loose rugs and winter conditions.



What You Can Do?

1. Have a fall risk assessment and review of your medications performed by your doctor .

Ask your pharmacist about medication interactions.

Review your medications periodically with your doctor.

2. Engage in regular exercise and ensure a well balanced diet.

Ask your doctor what types of activities would be best for you. Daily exercise helps to improve balance, flexibility and strength.

Dizziness and weakness can be a sign of poor nutrition, consult a nutritionist or the Canada Food Guide to ensure your body is getting the fuel it needs to keep you on your feet.

3. Create a safe home environment .

Chairs with armrests for support make getting up and down much easier.

Store items at waist level to avoid overstretching.

Keep the phone within easy reach.

Remove throw rugs from floors.

Keep floors, stairs and hallways free from clutter.

Use a night light or keep a flashlight by the bed.

Wipe up spills immediately.

Use handrails when taking the stairs.



What Staff Will Do?

These actions will be taken by CHIRS staff to help reduce falls :

Clean up spills promptly.



Report and remove broken equipment.

Adhere to CHIRS footwear policy by wearing non-slip, secured footwear.



Report any fall related hazards using CHIRS Hazard report.



Use approved transfer procedures only.

Ensure proper use of brakes on mobility aids.



Promote safe activities .

YOUR INPUT IS IMPORTANT TO US, SO WE WANT TO HEAR FROM YOU!!

We may ask you to complete a survey or participate in a discussion from time to time to gather your feedback about our services. Your opinions and comments about your experience at CHIRS are important to us and help us continue to improve. See something unsafe? Something we have missed or can do better? We want to hear about it right away. Don't wait for a satisfaction survey to tell us about a problem- we want and appreciate your feedback because it helps us to improve. If you have any questions, concerns or compliments about services at CHIRS,



please contact Hedy Chandler, Executive Director at (416) 240-8000.

For more information about CHIRS services, please contact our Intake Department at (416) 240-8000 or intake@chirs.com

Website: www.chirs.com



CHIRS

Falls Prevention Program includes:

- Community, environmental and safety assessments in order to assess individual client safety needs.
- Coordinating referrals to physiotherapist or occupational therapist as needed.
- Individualized support procedures for clients who are at risk for falling.
- Staff training and education regarding falls prevention and safe transferring techniques.
- Preventative Equipment Maintenance Program.
- Client and Family education on Falls Prevention.
- Safety precautions to reduce falls and minimize fall injuries.
- Documenting and investigating all falls that happen at CHIRS sites in order to prevent reoccurrences.
- Monitoring and analyzing data on falls to identify trends and make improvements.