

## Vision

If you wear glasses,  
get your family to  
bring them in to



hospital. Let staff know if your sight has  
changed recently.

Avoid walking in the dark, use a bed  
light and ask for help getting up if you  
need assistance.

## Improving strength & balance

Be involved with doing physical  
activities while in hospital as this will  
improve your strength and balance.

## Spend Time Planning your Future Needs

The staff can assist you with this. If you  
are prepared when you leave you will  
have the best chance of avoiding  
falls.

This falling star above your bed will  
indicate to all our staff members that you  
may be at risk of increased falls. Staff will  
provide you with the extra care you may  
need to prevent a fall.



Bairnsdale Regional Health Service is located on the traditional  
land of the Gunai Kurnai people.

We welcome feedback at  
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## Bairnsdale Regional Health Service



## Preventing falls during your hospital stay

**Patient Information**

### **Why Worry About Falls?**

Falls are not a normal part of ageing and can be a problem when you come into hospital. This can be due to;

- your current condition
- Not being familiar with the area around you

There are easy ways you, your family, friends and staff can help keep you safe while you are getting better.

Becoming aware of early warning signs have been shown to prevent some falls.

### **The Environment**

Keep the area around your bed free from clutter as this can cause falls.

If you are at risk of falling while in hospital, staff will aim to keep you safe and injury free until there is improvement in your walking.

### **Walking Aids**

Please inform staff if you need a walking aid to move around



safely. A walking aid is a piece of equipment that can help you walk such as a wheelie walker, walking stick, crutches or walking frame.

### **Use the Correct Equipment**

If you have been given a walking aid or other equipment, please use it to help move around safely.

If you need special equipment to help you get in and out of chairs or to shower please let staff know.

### **Needing help walking**

When you first arrive you may be unsteady on your feet. Ask for someone to walk with you until you are safer on your feet.

### **Going to the toilet**

If you need help getting to the toilet in time, let staff know so they can make sure you get there safely and on time.

### **Medications**

Tell the staff if your new medications are causing side effects such as making you unsteady on your feet.



### **Clothes and Good Footwear**

Make sure your family bring you safe shoes or slippers so you can get around and do therapy safely. Flat lace up shoes with a grip sole are best. Please make sure dressing gowns and clothes are not too long as these can be a tripping hazard.