



# Falling: Preventing trips and falls helps us stay independent and safe at home.

## Here are some things you can do maintain a safe environment.

Be aware that as your illness progresses, you may become weaker and not know it until you try to get up by yourself. You may be weak or dizzy. If that happens, sit down. Do not proceed without help.

It's important that you use the special equipment provided by Hospice of Cincinnati to keep you safe.

### Your physical environment

**Lights** — night lights in bathrooms, bedrooms & halls to guide you in the dark

**Floors** — keep clean & dry, remove clutter & obstacles; watch uneven surfaces and use non-skid throw rugs on slick floors

**Pets** — notice where they are when you walk or transfer, they can often get under foot and trip you up

**Keep items in reach** — glasses, phone, medications, tissues, pen, paper, remote, grab-it tool

Your hospice nurse wants to know if you have a fall or near-fall.

Call 513-891-7700

### Questions or concerns?

Call a hospice nurse at 513-891-7700. For caregiving tips visit [www.HospiceofCincinnati.org/for-the-caregiver](http://www.HospiceofCincinnati.org/for-the-caregiver).

## Using special equipment to keep you safe

- Use and/or install: hand rails, grab bars, colored oxygen tubing, and grab-it tool
- Do you need a bedside commode, raised toilet seat or a shower chair?
- Ensure equipment is at the right height—use the high/low to lower the hospital bed and ensure the bed is at the proper height for safe transfers
- Consider using an alarm, baby monitor, gait belt, or a lifeline
- Use a cane, walker (adjusted to your height) or wheelchair

## What you can do to help yourself stay safe

- Footwear — wear non-skid socks and low/flat shoes that fit
- Stand up slowly, steady yourself and take your time changing positions
- Schedule toileting so you don't have to rush because you waited too long
- Accept help — especially at night and when you are tired, weak or sleepy



## How your family and caregivers can help keep you safe

- They may offer to help you safely move, steady you, transfer and stand alongside you
- Set up a schedule that everyone agrees to — getting up, toileting, meals, bedtime
- They may check on you regularly and often

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