

SAFE STEPS | GENTLE CARE

A Three Oaks Hospice Fall Prevention Kit



Ensure a Safe Environment

- Remove obstacles and tripping hazards (wires, rugs, etc.)
- Keep paths clear for easy movement, especially around medical equipment
- Ensure all areas of the home are well lit

Assist with Mobility

- Caregivers should always help with transfers (bed, chair, bathroom)
- Use a walker, wheelchair or other aids for safe mobility

Keep Patient Comfortable

- Ensure seniors wear comfortable, non-slip footwear or socks with grips
- Position items like remote controls, water and phones within easy reach

Install Safety Features

- Install grab bars and handrails in key areas (bathroom, bed, stairs)
- Consider using a bed rail for extra support during sleep and transfers

Ensure Caregiver Awareness

- Caregivers should monitor for signs of weakness, dizziness or fatigue
- Assist with medication management to reduce side effects like drowsiness
- Make sure eye wear is clean and worn frequently

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FALL PREVENTION & POST-FALL CARE

Prevention: Reducing Risk

- In-service education for staff on fall prevention protocols
- Fall risk identified at admission using standardized assessment
- Appropriate signage and care plans implemented for high-risk patients
- Ongoing monitoring for changes in mobility, cognition or medications
- Patient environment safety checks to reduce hazards

Treatment: If a Fall Occurs

RN Evaluation	Treatment
☐ Head to toe physical assessment	☐ Transfer training or therapy if appropriate
☐ Neuro checks	
☐ Quick UA	☐ Implementation of any care plan written by MD
☐ Imaging if ordered by MD	
☐ Medication Reconciliation to review for polypharmacy	