

Falls Prevention Program: How Will CAMH Help?

- Staff will perform a “Falls Risk Assessment” on **ALL** clients admitted to CAMH.
- Safety precautions will be in place for **ALL** clients to reduce falls and minimize fall injuries.
- Staff will reassess your fall risk potential if your medical condition changes, you are transferred to a new environment, or you experience a fall.

If you are a client at particularly high risk for falls:

- Staff will work together with you and your family to develop a plan of care that addresses your individual needs.



Falls Prevention Program at CAMH

The program will:

- encourage a partnership between clients, families and staff to create a safe environment
- respect client dignity and decision-making
- provide client-centred care.

For information on addiction and mental health issues or other resources, please contact CAMH's R. Samuel McLaughlin Information Centre:
Ontario toll-free: 1 800 463-6273
Toronto: 416 595-6111

To make a donation, please contact the CAMH Foundation:
Tel.: 416 979-6909
E-mail: foundation@camh.net

If you have questions, compliments or concerns about services at CAMH, please call Client Relations Services at:
Tel.: 416 535-8501 ext. 2028 or 2078.

Website: www.camh.net



A Pan American Health Organization /
World Health Organization
Collaborating Centre
Affiliated with the
University of Toronto

Falls Prevention Program



Did You Know?

Falls are a major health concern. They can result in head injuries, fractures, reduced mobility and increased fear.



Who Is at Risk?

Many people have factors that put them at risk for falling:

Poor balance	Dizziness
Weakness	Depression
Previous fall(s)	Confusion/Psychosis
Poor vision	Hearing loss
Medication use	Older age

Talk to the staff if you have any of the above risk factors or concerns.

What You Can Do!

Start **NOW** to make choices to help reduce your risk of falling.

- ▲ **Share any fears or concerns you have about falling with the staff.**
- ▲ **Participate in regular and safe physical activity.** Daily exercise helps to improve balance, flexibility and strength.
- ▲ **Wear glasses or hearing aids as needed.**
- ▲ **Wear proper shoes.** Proper footwear is important for maintaining balance.
- ▲ **Get up slowly after eating, lying down or resting.** Report any dizziness, unsteadiness or weakness to staff.
- ▲ **Eat regular, healthy and well-balanced meals.**
- ▲ **Learn about your medications and discuss them with your doctor and the staff.** Some prescription and non-prescription drugs can affect your balance and co-ordination.

What Staff Will Do!

These actions will be taken to help reduce falls and minimize injuries:

- ▲ Familiarize you with the unit.
- ▲ Ensure adequate lighting.
- ▲ Clean up spills promptly.
- ▲ Report and repair broken equipment.
- ▲ Ensure clear pathways to the washroom, your room and hallways.
- ▲ Ensure proper use of brakes on all equipment.
- ▲ Place personal items within reach.
- ▲ Encourage use of eyeglasses, hearing aids, and walkers/canes.
- ▲ Encourage non-skid footwear with good support.
- ▲ Review all medications.
- ▲ Promote safe activities/mobility.

Falls were the cause of 85% of all injuries requiring hospitalization among people aged 65 years and older.

(Canadian Institute for Health Information, 2000)