

OTHER RESOURCES

WILL YOU STAY ACTIVE AND INDEPENDENT
CHECKLIST
www.health.qld.gov.au/stayonyourfeet

This short checklist helps older people identify reasons why they may fall. Any concerns can be discussed with a health professional.

THE QUEENSLAND STAY ON YOUR FEET
CHECKLIST

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Inspired by
You



ST VINCENT'S
PRIVATE HOSPITAL
TOOWOOMBA

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



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This education tool was developed in partnership with
SVPHT Consumers.

Do you need an INTERPRETER?

The hospital provides a free,
confidential interpreting service.
Please ask your doctor or nurse to
organise one for you.

HA BISOGNO DI UN INTERPRETE? L'ospedale offre un servizio interpreti gratuito e
confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

¿NECESITA UN INTÉRPRETE? El hospital le ofrece un servicio de intérpretes gratuito y
confidencial. Por favor, solicite a su médico o enfermera que lo organice.

ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΑ? Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία
διερμηνείας. Παρακαλείστε να ζητάτε από το γιατρό ή νοσοκόμο σας να κανονίζει διερμηνέα
για σας.

TREBA LI VAM TUMAČ? Bolnica pruža besplatnu i povjerljivu službu tumača. Molimo vas,
upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ? Болница пружа бесплатне, поверљиве услуге
преводиоца. Замолите свог лекара или медицинску сестру да вам обезбеди преводиоца.

QUÍ VỊ CÓ CẦN THÔNG NGÔN VIÊN KHÔNG? Bệnh viện cung cấp dịch vụ thông ngôn
miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

您需要傳譯員嗎?
本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

TERCÜMANA İHTİYACINIZ VAR MI? Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık
hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica
ediniz.

MA U BAAHAN TAHAY TURJUMAAN? Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag
la'aan ah, qarsoodina ah. Fadlan weydii haqtaarkaaga ama kalkaaliyahaaga inay turjumaan kuu
ballamiyaan.

هل أنت بحاجة إلى مترجم؟ تقدم المستشفى خدمة ترجمة مجانية وسرية. الرجاء الطلب من طبيبك أو الممرضة الترتيب لمترجم
لأجلك.

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Falls Prevention
INFORMATION FOR PATIENTS AND CARERS

Did you know that patients can fall while in hospital? While some falls cause no injuries, others can cause serious harm. Falls can also result in a person fearing further falls and prolonging their stay.

There are usually a number of reasons for someone falling. These may include poor balance, incontinence, unfamiliar environments and obstacles, poor eyesight, unsafe footwear, slippery surfaces and some medications, to name a few.

There are a number of ways to reduce your chance of falling. Staff will help you by:

- helping you to settle in, keeping your surroundings safe and providing you with falls prevention information
- assessing your risk of falling and discussing the results with you
- developing and implementing a falls prevention care plan suited to your needs
- referring you to other staff who specialise in different areas
- organising home visits by occupational therapists or physiotherapists before and after discharge to help you make your home safer, suggest changes to your home or to give advice about equipment to help you move safely

WHAT CAN YOU DO BEFORE BEING ADMITTED?

- bring to hospital any equipment you normally use, such as glasses and walking aids
- bring to hospital all medications you are currently taking and any information on them.

On admission, a falls risk assessment will be completed to determine if you are at risk of a fall. If you are rated as being a high falls risk, strategies will be discussed with you and your relatives to help you avoid a fall.

WHAT CAN YOU DO WHEN YOU ARE IN HOSPITAL?

- always use your call bell early if you require assistance and keep it in easy reach
- take your time when getting up from sitting or lying down.
- let staff know if you feel unwell or unsteady on your feet
- if staff recommend that you need assistance or supervision when moving, please ask them for this assistance and wait until they come to help you
- familiarise yourself with your room, its furniture and bathroom
- look out for hazards that may cause a fall, such as spills and clutter, and tell staff about them promptly
- if you have your prescribed walking aid, make sure it is in good condition and that you use it for balance rather than furniture or walls
- if you have glasses, only wear your distance ones when walking; take special care when using bifocal or multifocal glasses
- wear comfortable clothing that is not too long or loose; whenever you are up and about, wear comfortable, low-heeled and nonslip shoes that fit you well, rather than slippers
- always keep your fluid levels up because dehydration can disorient you

GETTING UP

- when you are moving from lying down to standing up, try to sit on the bed for a minute or two before standing up
- move your ankle up and down to get the blood flowing
- get your “nose over your toes” before you stand up
- push yourself up off the bed or chair; don’t pull yourself up
- wait a minute before you start walking

WHEN YOU ARE WALKING

- take your time when turning around; count your steps to pace yourself
- if you have a walking aid, make sure it is in good condition and the right size and height for you
- use your walking aid and do not rely on furniture for support as it may topple
- always wear suitable footwear that is non-slip and comfortable

WHAT HAPPENS IF YOU FALL?

If you do have a fall the hospital staff will take action to identify what contributed to your fall and reduce the risk of you falling again. You may be assessed by a doctor, and staff will repeat your falls risk assessment. This may mean that your care plan will need to be changed. However, any changes to your care plan will be discussed with you.

Remember: Preventing falls is important when you go home as well, so before you leave hospital you may be referred to follow-up services to make your home safer and to reduce your risk of falling.