

PATIENT INFORMATION

How to Stop Falls in Hospital (Easy-Read)



Sometimes people fall over in hospital because:



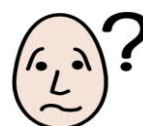
They are poorly



They feel tired



They are taking lots of medication



They are confused



They find it hard to move around



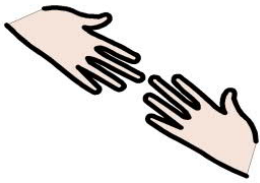
They are wearing shoes that slip



We need to check whether you might fall. We will ask you some questions.



We want you to stay safe.
We don't want you to fall.



If we think you might fall when you are in hospital we can help you.



Things you can do to help



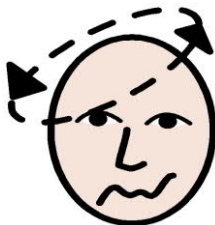
Ask staff to show you where your bed is and where the toilet is.



Always ask staff if you need help. Keep your call bell close to you.



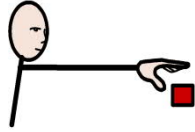
Press your call bell if you need help to move on or off your bed or chair.



Press your call bell straight away if you feel weak or dizzy.



Things you can do to help



Don't rush when you move around. Try not to stretch or bend to reach for things.



Look out for wet floors, people and equipment around you.



Wear shoes or slippers that fit you properly and have a good grip.

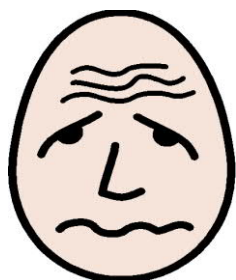


If you have a walking aid ask staff to check it is working properly.

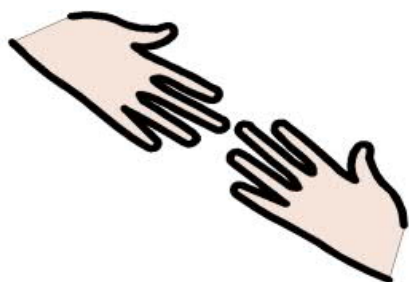


If you wear glasses make sure they are cleaned properly.

Planning to go home



If you are worried about what happens when you go home please talk to a member of staff.



They can give you advice and make plans to help you when you are at home.



Thank you.



This document can be made in other languages and formats.

For more information telephone 01803 655859 / 219745.