



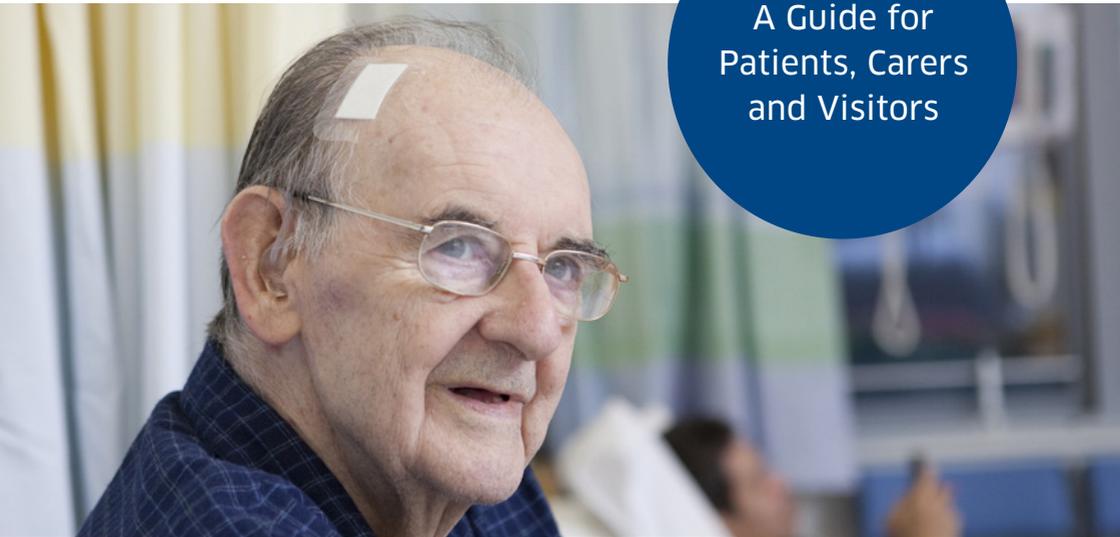
Healthcare
Improvement
Scotland

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Working together to keep you safe

Reducing the risk of falling

A Guide for
Patients, Carers
and Visitors



NHS
SCOTLAND

How you can help reduce risk of falling while in hospital

- Your vision and hearing are very important for maintaining balance, if you have glasses or hearing aids bring them with you to wear while in hospital.
- Talk to us about your fear of falling. We have access to excellent teams here in hospital who may be able to help. Let's work together to keep you safe.
- Keep your call bell/buzzer close to hand. **Do not hesitate to call us; we are here to help you anytime you need us.**
- Take your time when getting out of your chair or bed.
- It is important to drink fluids throughout the day to keep you hydrated. Take a cool drink in the morning. Also remember that we can help you to go to the bathroom. **Please call us; we are happy to help you at anytime.**
- Ask us about your footwear so that together we can make sure it's safe.
- If you need a walking aid, remember to keep it close by to keep you safe.

How carers and visitors can help

Reassure people that it's ok to ask us for help. If you think your relative has become confused or sleepy while in hospital, please let us know. They may have delirium and have become very unwell which is a significant risk for falling in hospital.

- Bring in hearing aids and glasses that have been left at home. Ask us for help with hearing aids if batteries need replacing.
- Bring in clothes and well-fitting shoes.
- Discuss previous falls or fear of falling with us. We can work together to continue a falls risk reduction plan at home.
- Put the call bell/buzzer near the patient when you leave and let them know that it is there.
- Make sure the patient and staff know you are leaving.
- Chairs, furniture and anything that a person could fall over should be stored safely before you leave.
- If you see anything on our ward that could contribute to falls or is a risk for your loved one, let us know. We will take your concern seriously.

How staff will help

Our staff are here to help you, and assist you with anything you need. Don't take a chance. If you need us, call us. It's our job to help you.

- We will listen and act on your concerns.
- We will work together to reduce risk of falling.
- Our teams will work with you and your family (with your consent) to let you know how you are doing.
- We will promptly assess you for risk of falling in hospital and work together to create a plan of care to keep you safe.

Remember: Despite all the measures we take to reduce risk of falling, some patients are still at risk - by working together we can greatly reduce the chance of you falling in hospital.

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