



## THE CARE PARTNER PROJECT™

How to Get the Care You Want  
for the People You Love

### ABOUT FALLING

*Falls can happen to anyone in an unfamiliar place. Most patients are tired, weak, or sleepy from medications, or suffering from conditions affecting balance.*

### RISK FACTORS

**All patients are at risk for falls.**



# CHECKLIST

## PREVENT FALLS & FRACTURES

- Tell nurses you are concerned about your loved one taking a fall, or falling out of bed.
  - Ask about getting a cane or walker, and using bed rails.
  - Ask about the hospital's fall protection equipment such as low beds and floor padding.
- Look for things in your loved one's room that might cause a trip and fall.
  - Point out all furniture and equipment on wheels.
  - Discuss ways to move around the room without leaning on wheeled items for support.
- Ask for a bed alarm and a room close to the nurses' station.
- Make sure someone helps your loved one go back and forth to the bathroom or commode, and that someone is on standby in your loved one's room for every trip.
- Hang our "CAUTION!" signs in can't-miss spots in your loved one's room, such as on doors or over the head of the bed. Some signs you can print are found on the following page.
- Ask the nurses for non-skid socks, or bring slippers, for your loved one to wear when out of bed.
- If you are able, lend your arm for support when your loved one walks.

*Please don't take a risk you might injure yourself—it's OK to ask for help.*
- Watch to make sure the hospital gown and any IV tubes won't trip your loved one.

### GET A NURSE IF YOUR LOVED ONE FALLS. . .

- Hit a call button immediately.
- Put a blanket over her/him.
- Go in the hall and call for help, if necessary.
- Do not move your loved one.
- Ask for a meeting with your loved one's nurses and a nursing supervisor to discuss:
  1. *How the fall happened*
  2. *What will be done to help make sure your loved one doesn't fall again.*

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