

FALLS CAUSES & RISK FACTORS

All people live at risk of falling and sustaining a fall-related injury. Falls are a common occurrence in elderly people regardless of where they are living. Approximately 30 to 50 percent of people age 65 or older will fall each year.

The reasons people fall are complex and are the result of the interaction between many factors.

There has been a lot of research done to identify what those causes and risk factors are. Identified risk factors include things like:

- Chronic, long-standing illness
- Physical weakness or movement problems
- Medications
- How people use their wheelchairs or walkers
- Loss of vision or hearing
- Individual residents' ability

Some risks specific to our residents can be modified like medication, footwear and wearing hip protectors. The combination of risk factors differs between individuals and hence, the need for a resident specific assessment and care plan.

FAST
FACT

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OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver
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FAST
FACT

A number of prescription medications have been associated with an increase in falls when used by seniors

Finding Balance: Falls Management



PARK PLACE
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Enriching Lives of Seniors

FACTS ON FALLS AND RESTRAINTS

COMMUNICATION IS KEY

If you or a family member is fearful of falling, it is important to talk with your nurse about reducing the chance of falls. Often, residents or their families request restraints or bed rails placed in the upright position because they are afraid of fall-related injuries.

LEAST RESTRAINT APPROACH

Recent research shows that side rails and restraints do not help keep people from falling; in fact, a restraint may contribute to a more serious fall. Best practice in the care of older adults requires that we have a "Least Restraint" approach to care for our residents and we have made great progress in this area.

FAST
FACT

For many seniors, the use of a restraint can cause feelings of loss of dignity and self respect, loss of identity and increase anxiety

FACTS ON FALLS AND RESTRAINTS

REVIEW MEDICATIONS

Keep in mind that certain medications might also be considered restraints. The reason the medication is being used generally determines if it is a restraint. If the medication is used to control residents by sedating them or making them sleep more, these medications may also be restraints. Most of these types of medications have serious side effects, including increased risk of falling, sedation and movement disorders.



FACTS ON FALLS AND RESTRAINTS

UNDERSTANDING EACH RESIDENT

We want our residents to feel safe and to be able to participate fully in the life of this Care Home. This cannot be done if a restraining device is used. For each resident, we need to understand the specific issues that will reduce the chances of their falling and harming themselves.

We are not able to prevent all falls, just as you are not able to prevent all falls or accidents in your own home. However, with your help and cooperation we can work together to make this a safer home for our residents.

*Reviewed by the Park Place Family Focus
Group in 2017*