

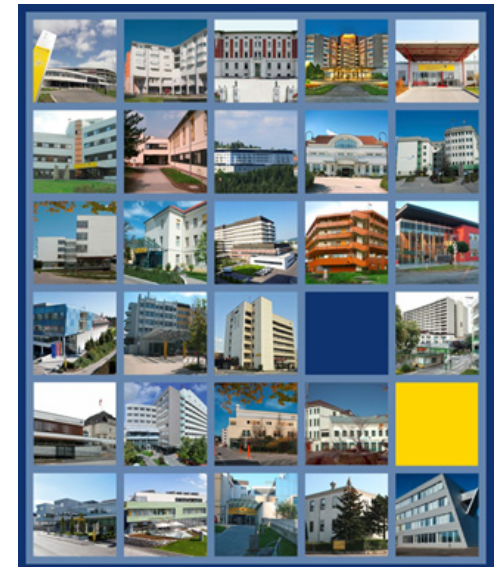
Inform your carer and doctor about:

- Falls which happened before your stay in hospital
- Impaired vision
- Impaired mobility
- Medications you are taking, including non-prescription medications
- Impaired perception skills
- Balance disturbances
- Concentration and memory problems
- Problems with orientating yourself in your environment

We hope that this information has been of some assistance to you and would be happy to answer any further questions you may have at any time. We would like to wish you a speedy recovery.

If you have any further questions, please ask the nursing staff on your ward.

Information for patients and relatives



Fall prevention

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Dear patient,

With increasing age, the risk of falling increases. Finding yourself helpless on the ground after a fall can be an unpleasant situation. Pain and injuries may often result.

The most important preventative measures are presented in this information leaflet.

By following these recommendations, together we can work towards minimising your risk of falls during your stay in hospital.

What you can do during your stay in hospital:

As you are in an unfamiliar environment, it is important that you familiarise yourself with your surroundings as soon as possible.

Observe the following recommendations:

- Let us explain to you the functioning of your bed and how to use the bell to alert the nursing staff.
- Place your shoes in a safe place and ensure that the bell is in easy reach.
- Wear non-slip, closed footwear
- Avoid walking on wet floors.

- If your bed feels very narrow and you are afraid you might fall out, side guards can be used.

Always ask for chaperoning/support if...

- you are frequently inclined to fall.
- you feel unstable when walking.
- you need to use the toilet frequently and feel unstable getting there.
- you still feel unstable when using walking aids, if required.
- you experience pain when walking.
- you experience discomfort, weakness or balance disturbances after examinations or after taking your medication.

