

# Safe Mobility: Reduce Your Risk of Falls in Hospital

## Patient Information



## Call, don't fall!

**We are here to help you. If we advised you to ask for help when getting up or moving around, please use your call bell.**

### You may be at greater risk of a fall in hospital if you:

- Have had a fall before
- Are in unfamiliar surroundings
- Have had an anaesthetic
- Take certain medicines. Side effects from some medicines can increase your risk of falling\*
- Have poor balance, dizziness or low blood pressure
- Have an infection
- Have to rush to the toilet or go more frequently
- Feel anxious or confused about things
- Have poor eyesight or poor hearing
- Are feeling more tired than usual

Your health professional will discuss your falls risk with you and your family/whanau; then plan with you the best ways to help keep you safe—this will be your Safe Mobility Plan.

### What you can do to lower your risk

- Follow your Safe Mobility Plan
- Use your call bell to ask for help
- Keep mobile and use your walking aid if you have one
- Wear well fitting, nonslip footwear when moving around

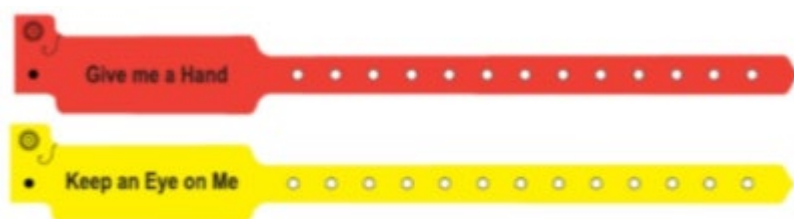
## Safe Mobility Plan

Most falls happen when people are getting in or out of bed, by their bedside chairs or when going to the toilet. To help you move around safely in hospital you will have a Safe Mobility Plan. We will plan your Safe Mobility Plan with you and your health care team will keep the plan up to date.

**Keeping as active as you are able while in hospital will help you recover faster and regain independence sooner.**

## Traffic Light System

Your safe mobility plan uses a traffic light system to show the level of assistance you need when moving about your bed space or walking. We may give you a coloured wrist bracelet to wear, or have a coloured tag on your mobility aid.



## If you fall in hospital

A health professional will see you and will talk to you about your fall, check for injuries and review your Safe Mobility Plan.

## When you leave hospital

A number of community programmes are available for people who have fallen or are at risk of falling. Please ask your health care team for information about these programmes.

## For further information on reducing your risk of falling

- \*Preventing Falls by Managing Medications
- Preventing falls: **go to [healthinfo.org.nz](http://healthinfo.org.nz) and search falls**
- Reducing harm from falls: go to **[hqsc.govt.nz](http://hqsc.govt.nz)**

If you do not have access to the internet please ask one of your health care team to print the information for you.

This brochure has been adapted from the HQSC 'Falls Hurt' Patient Information and Taranaki DHB brochure