

Preventing Falls

CPG

Caregiver Pocket Guide

Home:

- ▶ Clear walkways and floor
- ▶ Remove loose rugs & power cords
- ▶ Increase lighting
- ▶ Be careful around animals
- ▶ Use raised toilet seat
- ▶ Place non-slip mat in shower
- ▶ Place *professionally installed* grab bars and rails
- ▶ Make stairs safer



Medications:

- ▶ Beware of Benadryl (diphenhydramine): may cause falls and confusion
- ▶ Check with doctor before taking any over-the-counter medications

Movement:


- ▶ Encourage activity
- ▶ Well-fitting shoes
- ▶ Use cane/walker

Communication

- ▶ Portable/cell phone nearby
- ▶ Fall alert system if possible

Sensory:

- ▶ Encourage use of glasses
- ▶ Hearing aids

 AGEducate

<http://ageducate.net>

<http://gwep.med.ucla.edu>

For additional information on aging, visit

<http://cdc.gov/aging/aginginfo/>



Take Extra Care If:

- ▶ Past falls and/or fractures
- ▶ Uncontrolled pain
- ▶ Balance problems
- ▶ Weakness
- ▶ Using alcohol
- ▶ Confused, impulsive, has dementia

For 24/7 nurse advice for Inland Empire Health Plan (IEHP) members, call 1-888-244-IEHP (4347)

Other helpful numbers:

Poison Control: 311 or 1-800-876-4766

Adult Protective Services: 800-491-7123

Important: This is a non-comprehensive list and is not meant to substitute for medical advice. Please consult your health professional.

For Emergencies Call 911