

Our Goal

Fall prevention strives to reduce the number of falls and fall related injury by providing suitable interventions based on evidence, while reducing or eliminating use of restraints in our facility.

Definition of a Fall

“Unintentionally coming to rest on the ground, floor or other lower level with or without an injury”. (Canadian Falls Prevention).

Definition of Least Restraint

“Any chemical/pharmacological, electronic, mechanical, physical or other means of controlling or restricting a person’s freedom of movement in a community care facility, including accommodating the person in care in a secure unit”. (British Columbia Residential Care Regulation, 2009).

Is My Loved One at Risk to Fall?

Restraints present a most serious risk to Residents. Research clearly shows that **restraints do not prevent falls**, but rather more serious injury occurs in residents who fall when they have been restrained.

Other risks for falling include:

- Impaired balance, mobility, co-ordination, & muscle weakness in legs
- Cognitive impairment e.g. Confusion
- Agitation and restlessness
- Poor proprioception & tactile sensation
- Hearing or vision impairment
- Fear of falling
- Medication – multiple/recent changes
- Use of inappropriate mobility devices
- Risk taking behaviour
- Sleep disturbance
- History of falls for the last 6 months
- Impaired safety awareness – lack of safety insight/judgment
- Fainting, dizziness, vertigo, and Orthostatic Hypotension
- Dehydration/malnutrition
- Incontinence – urgency and frequency
- Improper footwear
- Poor physical environment

Fast Facts

- Falls are the 6th leading cause of death in the elderly
- 17% of serious fall-related injuries occurred in restrained patients versus 5% in unrestrained patients
- Every year 2.8 Billion dollars are spent in Canada for fall related injuries
- 50%-60% of residents in long term care facilities fall every year & 10% of these falls result in serious injury

How Can Families Help?

- Clear clutter and tripping hazards from residents’ rooms (scatter rugs, extension cords)
- Ensure eyewear is well maintained and suitable for the individual
- Ensure that footwear is suitable and well fitting.
- Support purchase and use of properly fitting wheelchair or walking aide, or interventions such as hip protectors, non-slip/non-skid socks, etc.
- Encourage loved ones’ participation in strength and balancing interventions
- Support reduction and elimination of restraints and polypharmacy (multiple medications)

Who is Involved?

- Residents and Families
- Care Aides (NSAs)
- RNs and LPNs
- Rehab team
- Pharmacist
- Dietitian and Dietary Staff
- Maintenance Staff
- Laundry Staff
- Housekeeping Staff
- Admin and Support Staff
- Social Worker
- Recreational Staff
- DOC & CSRN
- Management Team
- Medical Director

A Collaborative Effort

As an advocate of the “Fraser Health - Fall & Injury Prevention and Least Restraint Clinical Practice Guideline for Residential Services,” Suncreek Village is striving to reduce the number and severity of falls among our Resident population. While we know we can’t prevent every fall, we are taking an interdisciplinary approach to reduce the harmful effects of falling, thereby achieving an improved quality of life for our residents. This is an ongoing system of identifying fall risk to each person in care, and implementing individualized strategies to reduce harm. Fall prevention is everyone’s pursuit at Suncreek Village.

Contact Information

If you have further questions regarding our Fall & Injury Prevention and Least Restraint Program – contact the Rehab Staff at 604-5915177 ext.202



Creating a human habitat for our Elders

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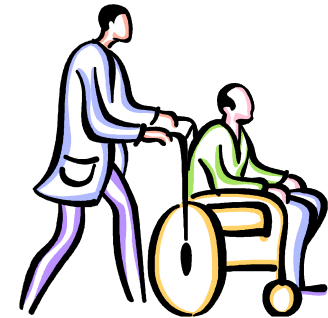
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Suncreek Village FALL & RELATED INJURY PREVENTION AND LEAST RESTRAINT PROGRAM INFORMATION



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