

# ONE FALL CAN CHANGE IT ALL

ACT NOW. LEARN HOW

## AM I AT RISK OF FALLING?

- Had a previous fall?
- Have less strength, mobility, or balance?
- Poor nutrition or hydration?
- Take many medications?
- Reduced eyesight, hearing, or foot sensation?
- Trip and slip hazards at home?

## MORE INFORMATION:

**Cowichan Pathways** and search for "fall prevention"

<https://cowichan.pathwaysbc.ca>



**HealthLinkBC** and search for "Preventing Falls as you Age"

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>



Adapted from <https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>

## REDUCING MY RISK

Monitor and improve my strength, mobility, and balance.



Wear safe shoes.



Have my medications reviewed regularly.



Stay connected with others.



**Checklist** on steps you can take to make your home safer

<https://www.healthlinkbc.ca/sites/default/files/documents/Home%20Safety%20Checklist%20-%20English.pdf>



Be aware and adjust to my surroundings.



Eat healthy and stay hydrated.



Get my eyes, ears, and feet checked.



Make my home safer.

# HOW TO SAFELY GET UP AFTER A FALL?

- Be calm.
- Call for help if you are injured or cannot get up by yourself.
- Falls can happen to anyone, don't be afraid to talk about them to your healthcare provider and loved ones.

1



Roll onto your side

2



Crawl to a sturdy chair or furniture.

3



Kneel and place your arms on the chair seat.

4



Bring one knee forward. Place that foot on the floor.

5



Push up with your arms and legs, then pivot your bottom around.

6



Sit down. Rest before trying to move.

Taken from: Finding Balance & Injury Prevention Centre, Injury Prevention Centre, University of Alberta

## CONSIDER



## LOCAL RESOURCES

- HealthLinkBC: 811
- BC 211: 211
- Community Health Services (Island Health): 1-877-734-4101
- Better at Home:
  - Ladysmith (Nanaimo Family Life Association): 250-754-3331 ext. 203
  - Cowichan (Volunteer Cowichan): 250-748-2133
  - Cowichan Elders (Hiye'yu Lelum-House of Friendship): 250-748-2422
- Social Prescribing Cowichan: 250-748-2133
- Lifeline: 250-746-0814
- Social/Recreational:
  - 9 Recreation Centres
  - 6 Seniors' Activity Centres

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