



What **3 things** will you do to stop a fall?

Falls Awareness Week
20 – 26 September 2021

#thinkfalls





3 things to stay safe today

Call. Don't fall.



Eat your '5 A Day'.



Stay hydrated.



[insert trust name]
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My 3 things ...

1.

2.

3.

... to stay safe today

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3 things to stay safe today.

Call. Don't fall.



Let us know if you
have poor vision.



Ask the doctor to
check your dosage.



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Afraid of falling?



Call. Don't Fall. 

#thinkfalls





Can't reach?



Call. Don't Fall. 

#thinkfalls





Need to go?



Call. Don't Fall. 

#thinkfalls





Need to get up?



Call. Don't Fall. 

#thinkfalls





Are you taking the right dose?



Ask for a review. 

#thinkfalls





Can't see clearly?

C B
F T E
N H L O
S K R M Y
A Z D I F X
G N U W J P B
E L B N O F I N
G M P B G L E O E N

Let us know. 

#thinkfalls





Need help eating and drinking?



Let us know.



#thinkfalls





Thirsty?



Let us know.



#thinkfalls





Not feeling like yourself?



Call. Don't Fall. 

#thinkfalls





Feeling out of sorts?



Call. Don't Fall. 

#thinkfalls





**The first steps are
always the hardest.**



Call. Don't Fall. 

#thinkfalls





Donning PPE takes time.



Please be
patient
with us.

#thinkfalls



Not sure what to wear? !!



#thinkfalls





Everyone is responsible for falls prevention.

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My 3 things ...

1.

2.

3.

... to stop a fall today

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**When you leave,
come say goodbye!**

**Falls Awareness
#thinkfalls**





Be on the lookout.

See a trip hazard?
Intervene or let us know.

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#thinkfalls





Hold tight.



Don't help other patients
walk. Call for assistance

Falls Awareness
#thinkfalls





See Yellow.
Think falls risk.



Patients wearing yellow
have a high risk of falling.

Falls Awareness
#thinkfalls





See Yellow.
Think falls risk.



Help patients keep their
belongings close by.

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#thinkfalls





What do you see?

Delirium isn't just
confusion and agitation

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Signs of delirium

- Agitation and wandering
- Inability to use the call bell reliably
- Challenging behaviour
- Reduced safety awareness and disorientation
- Likely to attempt to mobilise on their own, against advice

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Causes of delirium

- Pain
- Infection
- Nutrition
- Constipation
- Hydration
- Medication
- Environment

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#pinchme #thinkfalls





Thank you!



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#EndPjparalysis

Get up



Get dressed



Get moving



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