

WHO FALLS ?

A patient is at risk of falling above all if:

- they find themselves in new surroundings, like a hospital
- they have undergone an anaesthetic or special examination in the last few hours
- they are confined to bed for a long period of time
- they have heart disease or suffer from high or low blood pressure
- they have fallen previously or very recently
- they are afraid of falling
- they take three or more types of medication or particular medication
- they are distracted, looking at their mobile telephone

In case of falls, always advise the person's family or doctor, even if they have not hurt themselves.

Call 112 in case of serious injury or difficulty in moving

WHY IS IT IMPORTANT TO PREVENT FALLS ?

A fall should never be underestimated because it can cause:

- fractures
- injury to the skin and internal organs
- trauma to the brain and vertebral column .

Falls amongst the elderly can cause serious consequences such as:

- loss of functional independence
- physical complications
- increase in illness
- in the most serious cases, death.

Falls may indicate physical and/or functional frailty

this leaflet is available on the website
www.asst-monza.it

Prevention of falls in the home

We ask you to read this leaflet which contains useful suggestions for preventing falls in your home



Sistema Socio Sanitario

 Regione
Lombardia
ASST Monza

Advice for the prevention of falls at home

What should you do ?

- always use adequate spectacles



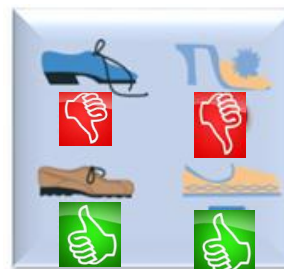
- install **safety handles and handrail** on the stairs, along the walls next to the bath tub, in the shower and close to the lavatory; If necessary, raise the height of the lavatory



- use **adequate lighting for the surroundings** and use a night light at night time



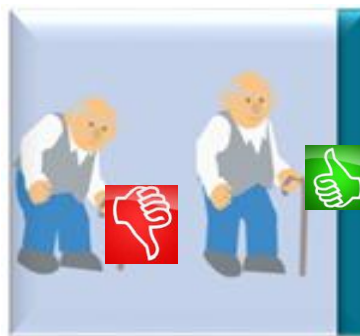
- always wear **closed shoes** with a low heel



- use **stable chairs** and armchairs



- if necessary use a **walking stick** ensuring that it is the correct height and has a rubber tip



What should you NOT do?

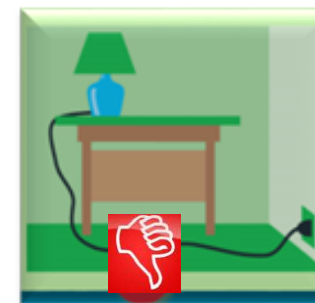
- **do not use wax** on floors and do not walk on wet floors



- do not use **beds that are too high**



- do not leave **any objects** on the floor



- **do not use rugs** If you do, fix them adequately to the floor

