

Fall Prevention Strategies ~ Continued

Bathroom

- 2 height grab bars



Fall Prevention Strategies ~ Continued

- Male Commode



Fall Prevention Strategies ~ Continued

- Weights



Fall Prevention Strategies ~ Continued

- Grab bars outside door



Fall Prevention Strategies ~ Continued

- Rails everywhere!



Falls

- OMG SHE HAS FALLEN AND CAN'T GET UP!
Let's practice

Fall Prevention Strategies ~ Continued

- THE BASICS

- What is the patients goal for independence?
- Suggest labs, medication changes, equipment
- Remember exercise, PT, dancing
- Environment; add grab bars everywhere, look at furniture, is it helping, can you move it around to help? Clutter? Surfaces for sock or shoe
- Teach Caregivers how to transfer, walk with, toilet, roll in bed...
- Treat pain/restlessness/hunger

Adaptive Strategy for PEARL

