Falls and keeping safe

How we help prevent falls and accidents

We want people to stay **active and independent**, as safely as possible.

Preventing falls

We check each person's **risk of falling** when they move in, and review it regularly.

We may ask the **GP to review medicines** that can cause dizziness.

Call bells are kept in reach. Some people may have a sensor mat that tells staff when they get up.

Bed rails are only used after a safety check, and with the person's agreement or a best interests decision.

Please bring **well-fitting shoes or slippers**, and glasses and hearing aids that work.

If someone falls or has an accident

Staff check the person, get **medical help** if needed and watch them closely for **24 hours**.

We will **tell the family** and the **GP**.

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We record every accident, look for the cause and **update the care plan**.

Aa

You can have this leaflet in **bigger print** or **another language**. Just ask a member of staff.

All our family leaflets
Scan with your phone camera, or visit winchester-care.co.uk/families

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