Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québecers.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values:

- Compassion;
- Collaboration;
- Commitment;
- Confidence;
- Consistency.

www.santemo.quebec

Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest
Québec

F114 – SEPTEMBRE 2018

Centre intégré de santé et de services sociaux
de la Montérégie-Ouest

PREVENT FALLS!
ARE YOU AT RISK?

What you need to know



Québec

Did you know?

- The risk of falling increases for the elderly.
- Every year, **1** in **3** persons aged 65+ living at home has already had a fall.
- **1** in **10** is a victim of repeated falls.
- **4** in **10** falls are caused by a risk factor in the home (objects, stairs, snow, other).
- Close to **1** in **10** falls will cause serious injuries.
- Hip fractures are the most serious consequence of falls. They can lead to loss of autonomy and be a factor leading to admission into a home care centre.

However, you can prevent or reduce the risk of falls by changing certain lifestyle habits and behaviors such as a healthy lifestyle, exercise, proper medication, by adapting your environment and by using your technical aid.

How to prevent falls

- When you get up from your bed or chair, wait a few seconds before taking a step and make sure you control your balance.
- Avoid moving around while carrying objects that are heavy or restrict your view.
- Remove objects that hinder your movement or obstruct rooms in your home.
- If necessary, use a walking aid that is in good condition and adjusted to your height.
- Analyze any tasks that pose a risk of falling and perform them safely.
- Wipe up any spilled liquids immediately.
- Use a stepladder only as a last resort and never when you are alone. Make sure it is solid and has a non-slip surface.
- Wear well-fitting shoes and slippers. They should be closed, with non-slip soles and low heels.
- Avoid wearing clothes that are too long.

At all times

- Take your medications as prescribed and ask your pharmacist if they can have an impact on the risk of falling.
- Wear your glasses and hearing aid.
- Use the recommended technical aid.
- Avoid drinking alcohol or indulge in moderation.
- Exercise regularly, eat healthily and adequately.
- Have a phone and a flashlight within reach.
- Leave a list of emergency numbers on the phone.
- Take precautions when dealing with pets.

If you live alone:

Ask someone you know to call or visit you every day. Otherwise, install a security or emergency call system.

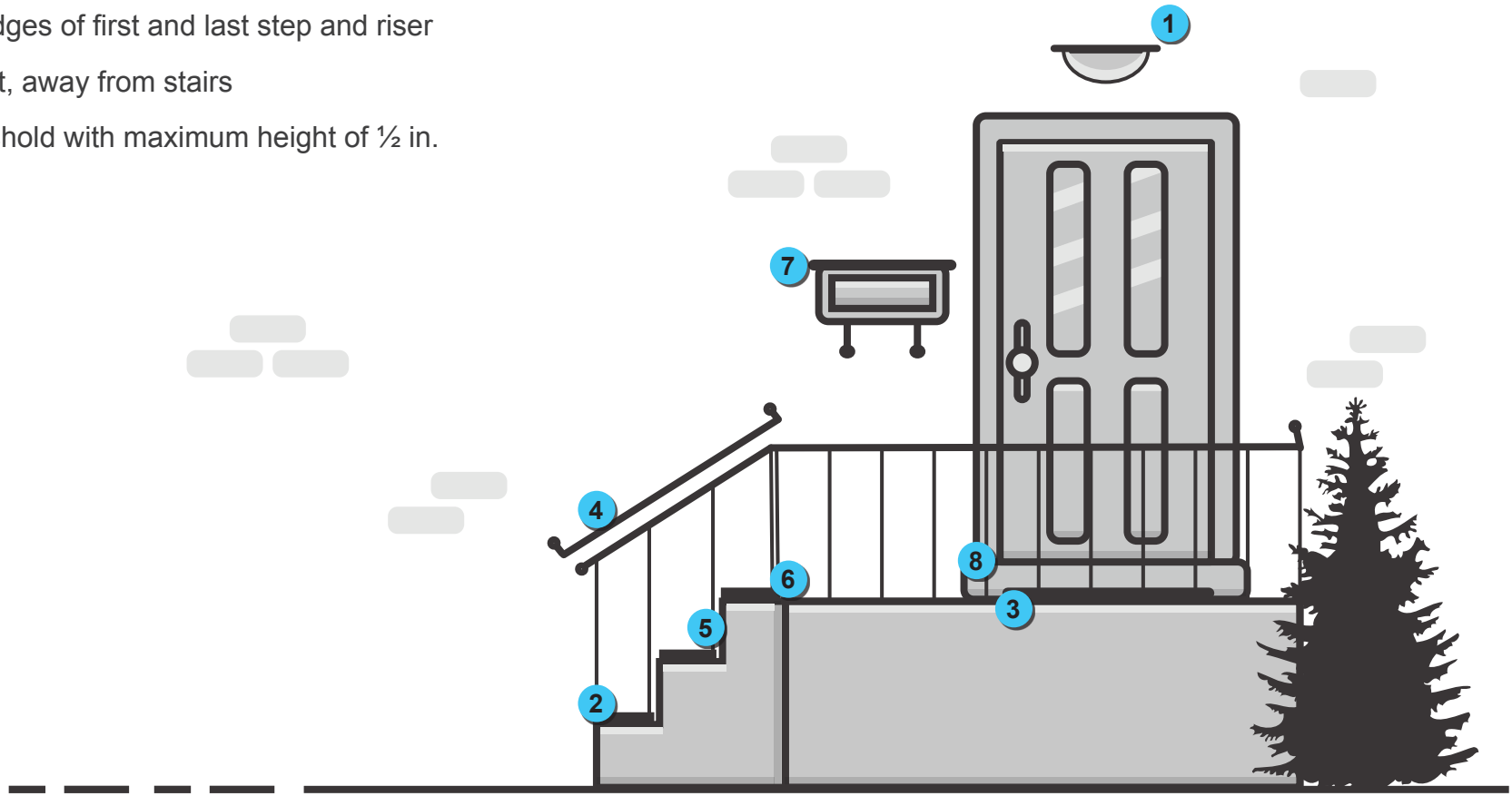
You can prevent falls by making your home safe

Entrance, outdoor and indoor stairs

1. Well-lit balconies and stairs
2. Steps and balconies covered with non-slip finish
3. Rugs and carpets securely attached
4. Stairs with two handrails attached firmly and longer than stairs:
   - Extending 12 in. at top and bottom of staircase
   - Height ranging from 32 – 36 in. from edge of steps
5. Steps of same height and depth
6. Contrasting colour on edges of first and last step and riser
7. Mailbox at correct height, away from stairs
8. Bevel-cut doorway threshold with maximum height of ½ in.

Other considerations

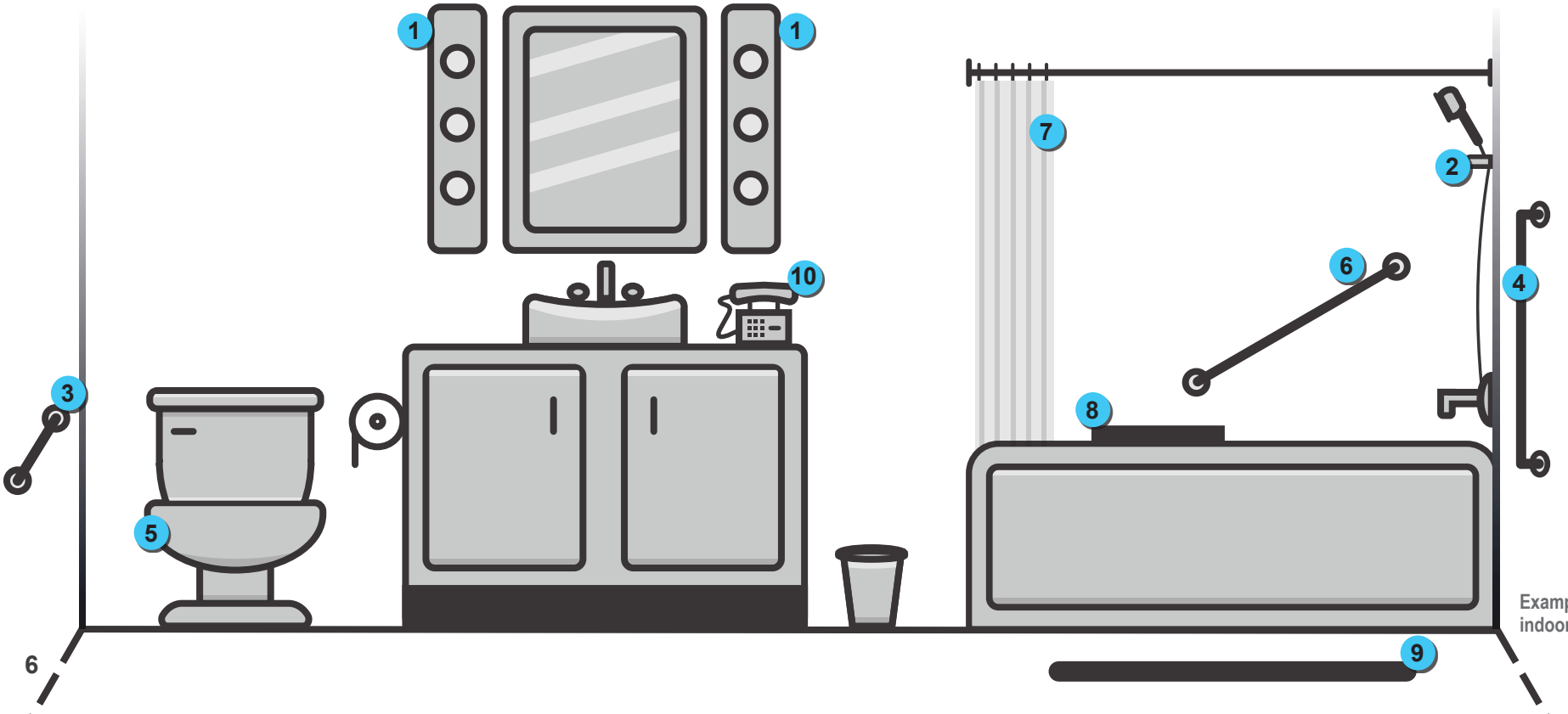
- Snow removal must be thorough and include application of salt or abrasive.
- Doors leading to basement should open towards inside of room.
- Light switches must be located at top and bottom of indoor staircase.



Example of safe outdoor design

Bathroom

1. Adequate lighting
2. Hand shower with adjustable height and hand control:
   - 72 in. flexible hose
3. Angled and ridged grab bar installed on solid wall near toilet:
   - Angled at 30 degrees
   - Fixed securely
   - Lowest part opposite hip in sitting position
4. Vertical grab bar at entrance to bath:
   - 18 to 24 in. long
   - Attached at a height of approximately 29 in.
5. Raised height of toilet with a booster seat:
   - Height of 16 in. or more from the floor
6. Angled grab bar on wall with soap dish:
   - Angled at 30 degrees
   - Top part near taps
   - Install close to taps (not to centre of wall)
7. Flexible shower curtain (avoid shower doors in bathtub)
8. Personal hygiene in sitting position (bath board, shower bench, hydraulic seat, transfer bench, etc.)
9. Non-slip bath mat adhering firmly to surface (with suction cups) at bottom and exit of tub or shower
10. Telephone within reach



Example of safe indoor design

Bedroom

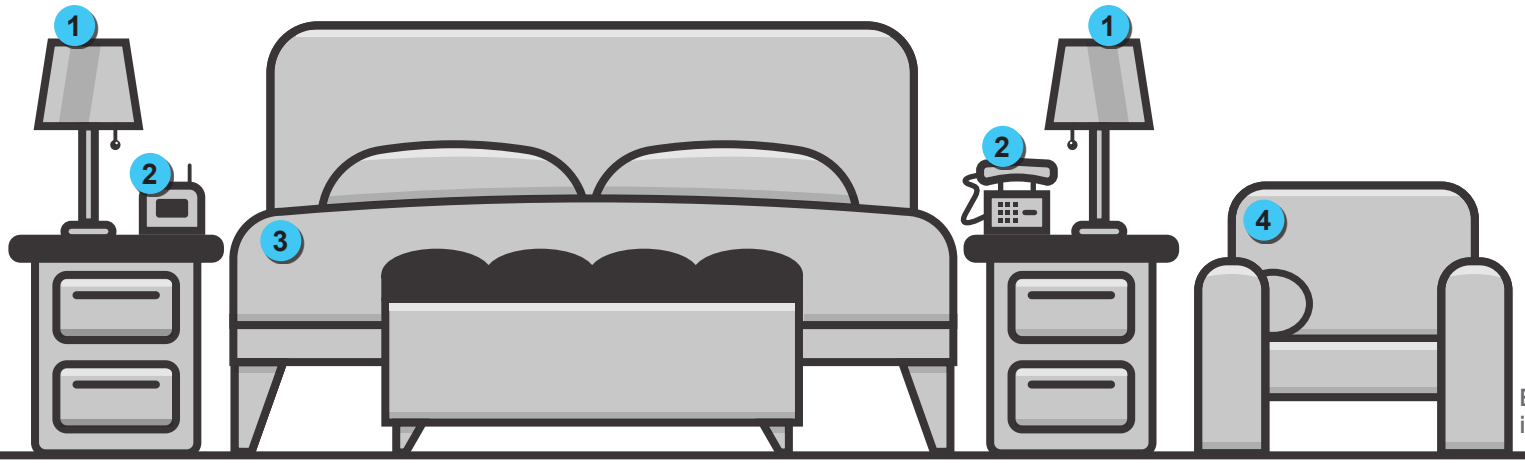
1. Adequate lighting and easily accessible lamp
2. Phone and alarm clock within reach
3. Bed with firm mattress at knee height
4. Chair for sitting while dressing

In every room

- Night-lights in most frequently used rooms or corridors
- Handrail in interior corridors, if needed
- Light switch at entrance of rooms
- Storage space at accessible height
- Rugs or carpets securely attached
- No cumbersome objects
- Power outlets within reach
- Uniform floor coverings
- Adequate lighting day and night
- Door thresholds removed, flattened or rounded
- Electrical and telephone wires well secured

Health factors or personal habits that may influence the risk of falling

- Reduced vision or hearing problems
- Physical limitations
- Use a technical aid (walker, cane, wheelchair)
- Depression, confusion or dementia
- Unplanned weight loss or difficulty eating, hydrating, shopping or cooking
- Osteoporosis, especially in women
- Taking four or more medications or taking medications with side effect of dizziness
- Alcohol or drug use
- Physical inactivity



Example of safe indoor design

How to get back up in the event of a fall

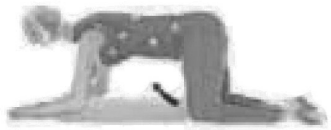
If you were able to walk before the fall and do not feel any pain, here's a simple way to remind you how to get back up safely.

First, calm down and take the time to make sure you are not hurt.

1. 
   Lie on your back, then roll onto one side by bringing the opposite arm across your body.

2. 
   Lying on your side, lift one leg and cross it over the other.

3. 
   Lift your body by putting your weight onto your elbows and your knee.

4. 
   Get onto your hands and knees.

5. 
   Support yourself (for example, on a chair) and stand up slowly.

Source : Institut national de prévention et d'éducation pour la santé « Comment aménager sa maison pour éviter les chutes ? »

Community resources

- **Public Health Agency of Canada**
  https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/you-prevent-falls.html
- **Canada Mortgage and Housing Corporation**
  https://www.cmhc-schl.gc.ca/odpub/pdf/63637.pdf
- **Osteoporosis Canada**
  http://www.osteoporosis.ca/osteoporosis-and-you/living-well-with-osteoporosis/preventing-falls/
- **Institut national de prévention et d'éducation pour la santé**
  www.inpes.sante.fr/CFESBases/catalogue/pdf/532.pdf
  (In French only)