



## Fall Prevention in LTC facilities

Although institutions are generally considered safer environments, the patients are frailer and therefore subtle environmental hazards may pose greater risks. Fall prevention in Care Giving homes can be dramatically reduced by upholding basic facility standards:

### Environmental Interventions:

- Keep floors in good repair and free of spills and clutter.
- Insist that residents wear nonskid, well fitting footwear.
- Provide the appropriate amounts of light needed.
- Make switches and plugs accessible to residents.
- Use nonskid mats in baths and showers and keep a bell within reach.
- Ensure that grab bars are secure and at appropriate levels and locations.
- Remove or reduce doorway thresholds any higher than 1/2".
- Schedule regular maintenance for wheelchairs, walkers and canes.
- Avoid residents sharing equipment if possible.

### Organizational Approach:

ITT Hartford Insurance noted that 45% of all large loss wandering resident claims result from accidents that occur within the first 48 hours of admission.

- Have a fall policies and procedures in place.
- Ensure that all employees know fall policies and procedures
- Stay current on fall prevention and monitoring equipment.
- Track and analyze falls within the facility

### Resident Approach:

- Immediate and frequent at risk assessment for residents
- Development of care plan to include fall prevention interventions
- Document and investigate should a fall occur.

## Smart Floor Mat Monitor

Monitoring at-risk-for-fall residents using the Smart Floor Mat Monitor will save your LTC money and time. This versatile system is placed by the bed, chair or in a doorway. When someone steps on the mat the alarm sounds and stays on until turned off. The soft rubber mat is waterproof for easy cleaning and is available with a standard or wireless monitor.