

## Falls don't just happen to other people!

In case of fall...



\*Images tirées du Programme P.I.E.D., édition 2002, Direction de santé publique de Montréal-Centre



For information and support, please  
contact the **home support service of  
your CLSC** by calling  
**418 986-2572**

Centre intégré  
de santé  
et de services sociaux  
des Îles  
**Québec**

430, chemin Principal  
Cap-aux-Meules (Québec) G4T 1R9  
418 986-2121  
[www.cisssdesiles.com](http://www.cisssdesiles.com)

This brochure is an update of a document previously  
created by a committee of the CISSS des Îles (2010).  
This update is a part of the deployment of the CISSS des  
Îles falls prevention program (2023).

The masculine gender is used in order to simplify the form and  
facilitate reading.

Centre intégré  
de santé  
et de services sociaux  
des Îles  
**Québec**

## Preventing falls at home

*How to avoid falling next  
to the problem?*



### Did you know :

- \* Falls rank as the number one event with consequences for the user?
- \* The risk of falling increases with age?
- \* Falls can cause chronic pain, reduced mobility, loss of independence and even death?

*Together, we work for those  
we love!*

## Safety is about... **behaviour**

- ⇒ Get up slowly.
- ⇒ Avoid rushing to answer the phone or door.
- ⇒ Wear shoes with non-slip soles that support the foot well.
- ⇒ Clean up any water, grease or food spills on the floor promptly.
- ⇒ Avoid carrying heavy objects or objects that block your view.
- ⇒ Take medications as prescribed and know their side effects.
- ⇒ Exercise regularly and eat a healthy diet.
- ⇒ Keep a cordless phone and flashlight handy.
- ⇒ Save emergency numbers on your phone's memory.
- ⇒ Wear your glasses and hearing aids.
- ⇒ Don't rush down the stairs. This is one of the leading causes of falls.
- ⇒ If a task threatens your safety, wait for help.

## Safety is all about... **safe home design**

- ☐ Make sure the steps and walkway leading to your home are in good condition and free of snow and ice. Cover your outside steps with a non-slip finish.
- ☐ Have easy access to your home's windows.
- ☐ Have a good lighting throughout your home and outdoors. Install night lights.
- ☐ If you have waxed floors, use a non-slip wax.
- ☐ Install handrails on the both sides of stairs.
- ☐ Keep traffic areas free of clutter (electrical wires, cables, tables, etc.).
- ☐ Ensure that electrical and telephone wires are secure.
- ☐ Place frequently used items within easy reach, especially in the kitchen. Keep heavier items in lower cabinets.
- ☐ In closets, place shelves, baskets and rods at an appropriate height.
- ☐ Get a firm, shallow chair with armrests.



## Safety is all about... **safe home design**

- ☐ Get a firm mattress of adequate height (just above knee height).
- ☐ Have a phone, lamp and clock on your bedside table and make sure they are accessible from the bed.
- ☐ Make sure you have a non-slip surfaces in the bathtub or shower.
- ☐ Install well-anchored grab bars near the toilet and bathtub to help you sit and stand up if needed.
- ☐ Make sure your toilet is properly elevated.
- ☐ Get a shower or bath bench if needed.

### **For people at risk of falling who live alone**

Don't hesitate to consult your CLSC to find out about the various programs and services available to help you stay safely at home.

We are here for you!