



www.gss.org

For more information about
The Good Samaritan Society
or Good Samaritan Canada
please contact:

Good Samaritan Head Office
8861-75 Street NW
Edmonton, AB T6C 4G8
780-431-3600
goodsaminfo@gss.org

OUR MISSION

To extend Christian hospitality through a continuum of care to those in need or at risk, regardless of race or religious belief.

OUR VISION

To grow in strength, excellence and creativity in caring for others.

OUR VALUES

Healthy Relationships

In a spirit of compassion, we work in supportive partnerships and open our hearts to others by affirming their goodness and potential.

Hospitable Environments

We provide safe, comfortable communities inspiring involvement, where people experience a sense of caring, belonging and purpose.

Servant Leadership

We lead through giving of ourselves in service to others, by acting with courage in a trustworthy and ethical manner.

Preventing Falls

Information for
residents, families,
and caregivers.



[@goodsamaritanCA](https://www.instagram.com/goodsamaritanCA)



Falls can lead to serious consequences. At The Good Samaritan Society/Good Samaritan Canada we do our best to provide a safe environment for our residents and clients.

What Good Samaritan will do:

CREATE A SAFE ENVIRONMENT

- Place the residents/clients necessities within reach.
- Keep the room and other areas free from clutter and other hazards.
- Ensure furniture provided is sturdy and equipment in good working order.

ASSESS RISK

- Assess residents/clients for fall risk upon admission, after a fall, and with a change in status.

REDUCE THE RISK

- Refer the resident/client to the interdisciplinary health care team for further assessment.
- Develop individualized care plans for residents/clients at high risk for falls.

EVALUATE

- Ensure individualized care plans for residents are being carried out and are effective in reducing falls and reducing serious injury if a fall does occur.

RESPOND TO FALLS

- Complete a thorough assessment and reporting to ensure follow-up occurs after every fall.

How we will help with injury and fall prevention.

It is natural for family members to want to protect their loved ones from a fall. The use of bedside rails and seatbelts may be considered restraints. Good Samaritan has a Restraint as a Last Resort Policy, as research shows serious injury can occur with the use of restraints.

Staff will assess and make recommendations that may include the following:

- Resident mobility assessment.
- Mobility enhancements: low beds, fall mats, bed/chair sensors, walking/exercise programs, non-skid socks.
- Medications review.
- Pain management.
- Environmental modifications.
- Daily vitamin D supplements.
- Use of hip protectors.
- Regular toileting routine.
- Family/companion involvement.
- Leisure activity involvement.
- Prevent restraint use (i.e., rails, lap belts).

What are your risk factors?

If you have ANY of the following risk factors, please tell a member of your health care team:

- Taking any of the following medications: blood pressure pills, diuretics, laxatives, anticoagulants (blood thinners), antidepressants, narcotics (pain relievers).

- History of falling.
- Memory problems.
- Sleep disturbances.
- Seizures.
- Taking four or more medications.
- Bladder/bowel problems.
- Two or more long-term medical conditions.
- Feeling weak or dizzy.
- Memory or mood problems.
- Difficulty maintaining balance, walking or getting out of bed or chairs.

What can you do to prevent falls?

- Tell staff if you have a fear of falling.
- Review your medications with your doctor and pharmacist.
- Wear your glasses and/or hearing aid.
- Have your vision and glasses tested annually.
- Wear proper fitting and supportive footwear with non-slippery soles.
- Reduce clutter in your room.
- Use your assistive devices and keep them in good working condition.
- Take part in strength and balance activities.
- Wear hip protectors as recommended.
- Let staff know of any falls, near falls or unsteadiness.
- **ASK FOR ASSISTANCE when you feel you need it.**