The health and well-being of the population is at the centre of CIUSS de l’Estrie - CHUS priorities, just as the quality and safety of health care and health services for all employees, physicians, health care professionals, students, interns and volunteers at our organization.

For further information
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Information:
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To Keep on Standing

The CIUSSS de l’Estrie - CHUS is Concerned about the Risk of Falls and of Their Consequences on All Users

Are you afraid of falling or fear that a relative risks suffering from a fall? If so, then speak to a health care professional at the CIUSSS de l’Estrie - CHUS.

Were you aware that falls are the leading cause of accidental death among people aged 65 and older? At the CIUSSS de l’Estrie - CHUS, practitioners do everything they can to keep users independent and to maintain their quality of life. Clients admitted to care are at greater risk of falling. That is why practitioners enforce every method available to prevent falls. This is how they proceed:

- Through a systematic risk assessment of falls among all users admitted;
- By informing you of falls risk factors for your relative and of the various strategies available to prevent them from occurring;
- By recommending safety improvement measures for your relative which respect his decisions, quality of life, and independence;
- By developing a customized intervention plan with you that is adapted to the specific needs of your relative if his risk of falling is particularly elevated;
- By re-assessing the risk that your relative falls if his health condition changes, if he moves to a new setting, or if he falls.

Helping your relative to avoid falling in a health care institution:

- Remind your relative that it is important that he wear his glasses and hearing aid, and use his cane or walker.
- Keep his environment clear and well lit.
- Have him use non-slip footwear which provides adequate support. Such footwear will help him to maintain his balance.
- Make sure that his personal belongings, bell, and phone are within arm’s reach.
- Notify staff immediately if he experiences dizziness or faintness, or is unsteady on his feet.
- Encourage him to eat healthy foods.
- Remind him to get up on his feet slowly after eating, lying down or resting.
- Follow the instructions given by practitioners for his movements.
- Get information on the potential side-effects of his medication.

If you fear that your relative risks falling, please notify our staff.