

Falls Prevention at Perley Health

Family and Friends Council

April 16, 2026



Objectives

- Overview of Perley Health's falls prevention program
- How you can help prevent falls
- How to respond to a fall
- Q & A

Evidenced-Based

The work outlined in this presentation was done in partnership with the Registered Nurses Association of Ontario (RNAO) through Best Practice Spotlight Organization Canada



Program Overview



Fall Prevention

- Assess fall risk
 - on admission;
 - quarterly;
 - after a change in status
- Apply customized fall prevention interventions
- Comfort Care Rounding



Fall

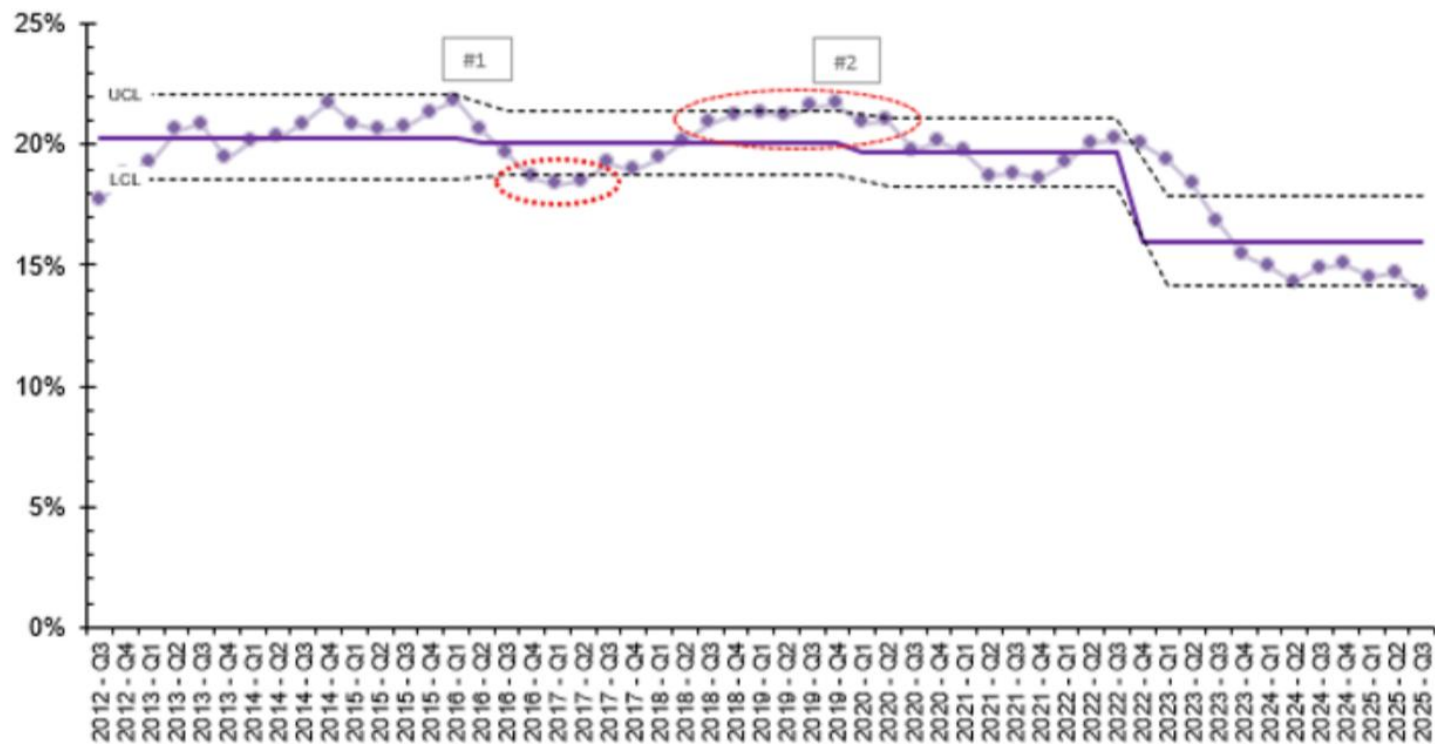
- Rule out injury (physical assessment and fall risk assessment)
- Provide comfort and reassurance
- Complete post-fall huddle
- Contact most responsible providers



Post-Fall Period

- Continue to evaluate and monitor for the first 72 hours after a fall

↓ is better



Personalized Approach

- Falls prevention looks different for every resident
- Care plans should outline specific actions to prevent falls
- Tailoring falls prevention interventions takes time and often requires trial and error.

How you can help prevent falls

- Offer you fall prevention ideas
- Participate in the post-fall huddles (if possible)
- Advocate and support the falls prevention plan
- Report any concerns around compliance to the falls prevention plan to the unit Manager



How to respond to a fall

- Get help immediately
 - **Unit:** pull the emergency call bell
 - **Off unit:** Inform the nearest staff member
- If possible, have someone stay with the resident until help arrives
- Encourage the resident not to get up or move



Questions?

