

# Preventing Falls When You Come for an Appointment



## Information for patients and families

At University Health Network (UHN) your safety is important to us. When you come to the hospital for an appointment, there are things you can do to prevent you from falling.

**Preventing falls starts with you!**



## Before you leave your home:

- Wear non-skid shoes that fit well.
- If you use:
  - eye glasses
  - hearing aids
  - a cane
  - a walker or wheelchairbring them with you.
- Follow the instructions your doctor gave you about taking your medicines.
- If you need help moving around (getting up from chairs or getting on and off examination tables) try to bring someone with you.

## When you get to the hospital:

- Use a wheelchair if you don't have your own and need one. You can usually find them at the main entrance of the hospital.
- Try not to walk on wet floors. Let a staff person know if you see a spill.
- When you come to the clinic, tell the receptionist if you:
  - had a fall in the last 12 months
  - use a cane, walker or wheelchair
  - need help getting on and off furniture or hospital equipment
- Call for help if you feel weak, dizzy or pain.
- Don't lean on tray tables, bedside tables or any furniture. Most hospital equipment is on wheels.

**Let us know how else we can help prevent you from falling.**

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