Preventing Falls and Caregiver Safety

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Body Mechanics

• Lift with your legs
• Plan ahead
• Communicate
• Use your core
• Back in neutral
• Wide stance
Moving Individuals In Bed

- Principles
  - Have person help
  - Let gravity help
  - Communicate
  - Draw sheet
  - Points of control

- Up in bed
- Down in bed
- Side to side
- Rolling over
- Sitting Up
Transferring Safely

- **Principles**
  - Have person help
  - Clear area
  - Communicate
  - Lock wheelchair
  - Gait belt
    - Teeth first

- **Standing**
  - Orthostatic hypotension
  - Sit to stand
  - Chair to chair

- **Seated**
  - Sliding board
  - Head opposite hips

- **Dependent**
  - Head opposite hips
  - Hold gait belt or hips
Walking Safely

• Gait Belt
• Check for wear on assistive devices
• Proper fit of assistive devices
• Hand on belt, hand on shoulder
• Stand behind and slightly to the side
• Plan for emergencies
• Careful with turns
• Principles
  • Hand on belt and rail or shoulder
  • Stagger your legs
  • Move when patient is still

• Going up
  • Stand behind the person

• Going down
  • Stand in front of the person
Humpty Dumpty had a great fall
Fall Prevention

• Risk Factors
  • Recent illness
  • Fever
  • Change of meds
  • Vision changes
  • Footwear

• Medication check
  • Beer’s List/Criteria

• Home safety checklist
  • APTA home Safety checklist for Fall Hazards
  • Move ForwardPT.com

• Fall Recovery
  • Assess for injury
  • Up off floor

• Referral for therapy services
"There are only four kinds of people in the world - Those who have been caregivers, Those who are currently caregivers, Those who will be caregivers And those who will need caregivers."

Rosalynn Carter