

Did you know...?

Residents living with depression and/or dementia are likely to experience worse physical, mental and psychosocial well-being, creating a greater risk of adverse events, including falls.

Engagement and Sleep Hygiene

Improving mobility, psychosocial well-being and sleep hygiene has been shown to reduce the risks of falls.

- Engage residents in their preferred lifestyle and activities on a regular basis.
- Encourage and involve residents in self-care and activities of daily living.
- Offer activities in which the resident can succeed.
- Include range of motion and balance exercises.
- Offer volunteer work.
- Engage individuals in conversation; know some of their favorite discussion topics.
- Offer access to spontaneous activities such as cards, games, large print books, puzzles, etc.
- Bring residents to doorways for group exercise, music, bingo and other activities.
- Use iPads or other electronic devices, FaceTime and other methods to engage residents in activities with families and others.
- Know the resident's bedtime and establish a consistent bedtime routine.
- Reduce noise at night.
- Assist residents to set technology devices to night mode.
- Reduce excessive fluids at night.
- Provide snacks as needed.
- Offer relaxing, emotionally soothing evening activities.

Simple Strategies for Fall Management