**Elderly Care Series**

**Fall Prevention**

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Mrs Chan's son wants us to live with him

But Mrs Chan is a bit worried that she will not get used to the new environment

Luckily, I have joined the Training Scheme for Foreign Domestic Helpers in Elderly Care

I have learnt a lot of practical skills from the instructor

so I can apply my knowledge in a new place

Mrs Chan, Mrs Chan’s son and Annie are visiting the new place

It is very comfortable here

Pretty good

Not bad

Yes

Mom. Let me show you your room

Alright

Come with me

I have acquired the skills of caring for elderly persons

and understand the importance of home safety

I have learnt how to identify factors that are linked to falls of elderly persons

and what the risks are

For example, if we hang our laundry here

the dripping water would make the floor slippery

causing fall risks

Placing carton paper at the bathroom entrance can easily trip them

The furniture here is also not suitable for them

Annie takes photo to record the home environment hazards

Sir, to prevent Madam from falling

we have to keep the pathways clear and dry

It would be best to paint and add colour contrast to the threshold

or put on some bright-coloured strips

so Madam can see the threshold clearly

and prevent her from tripping

Choose a stable chair with suitable height and armrests

Install a night light

The switch should be easily accessible for the elderly person

Remember to use non-slip tiles in the bathroom

Put a non-slip mat in the shower area

and install handrails

All done!

Mrs Chan passed by while checking on her mobile phone

Madam, be careful

It is easy for you to trip when you are distracted

Right!

Mom, your clothes are too long

You will be tripped easily

Stop using safety pins to fix your clothes

Try on the new clothes that I bought you

Sort out clothes that do not fit

and alter those that are still new

Okay

Also, the soles of your shoes are worn out

You would slip easily

I have bought you a new pair of shoes

with non-slip soles

Do not wear slippers anymore when you go out

Son, thank you for caring about me

Your health is the most important

I feel assured to have Annie taking care of you

Let me get changed first

Shall I go into the room with you to help you get changed?

I can do it by myself

I will sit down and do it slowly

Alright

Mrs Chan changes her new trouser on the chair with arm support

Mom, I bought two assistive devices for you

to prevent you from falling easily

The long-handled reacher helps to get things far away from you

avoid losing balance and falling

You can put on your shoes using a long-handled shoehorn

so you do not have to bend down

What should we do if we fall?

During the training course, the instructor taught us that

the most important thing is…

The screen shows that the instructor is teaching in class

The most important thing is to keep calm

Do not rush to help the elderly person who just fell to get up

Firstly, assess the elderly person's injuries

even if there are no obvious wounds

but if the elderly person feels painful or has difficulty to move

it means there is a possibility of bone fracture

You should not move the elderly person

If the elderly person potentially has a fracture, has lost consciousness or is bleeding severely,

dial 999 for immediate help

If you confirm that the elderly person can get up

assist him or her to rest on a stable furniture

Consult a doctor promptly if there is any problem

The domestic helper is helping an elderly man to get up from a fall

You are so smart

responsible and reliable

There are other videos in elderly care on the websites of the Department of Health and the Social Welfare Department

Sounds great

Let's watch them together and learn how to keep mom healthy

Stay safe and live happily

Disclaimer

The skills in fall prevention demonstrated in this film serve as general reference and are for educational purposes. They may not be applicable to all elderly persons under every situation. Please consult health care professionals in case of doubt over the applicability of the skills under specific situations.

Department of Health Elderly Health Service Website

www.elderly.gov.hk

Social Welfare Department

Training Scheme for Foreign Domestic Helpers in Elderly Care

www.swd.gov.hk/en/index/site\_pubsvc/page\_elderly/sub\_psfdh/