

## Therapeutic Falls Balancing Risk and Autonomy in Rehab – Shared Decision-Making Guide

The following people were present for a shared decision-making discussion about higher-risk activities that \_\_\_\_\_ would like to participate in as part of their goals for recovery.

<b>Provider(s):</b>	<b>Family Member/Substitute Decision-Maker:</b>
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### My Mobility Goals

The following goals are important to me so that I can be as safe and independent as possible when I leave rehab.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### My Activity Plan

I would like to practice the following higher-risk activities to help achieve my goals. If I fall while during any of these activities, it would be considered a “therapeutic” fall.

- \_\_\_\_\_
- \_\_\_\_\_

### Risks and Benefits

I have discussed the **risks** of practicing these activities with my therapy team. For me, this could include:

- “Falling and injuring myself.”
- \_\_\_\_\_
- \_\_\_\_\_

I understand that my therapy team or I may pause these activities if I feel unwell, or have taken a medication that can increase my risk of falls, such as a sedative.

The **benefits** of practicing the above activities include:

- “Feeling more prepared to go home”
- \_\_\_\_\_
- \_\_\_\_\_

## Completed Actions

- Completed Shared Decision-Making Guide together
- Answered questions and addressed concerns
- Reinforced the strategies below to prevent fall and reduce harm (using Teach-Back as appropriate)
- Posted Therapeutic Falls signage at the bedside and/or on mobility aid
- Sent written communication to the care team that includes the patient’s specific activities and any recommendations for safety
- Documented specific Mobility Recommendations
- Provided the patient a copy of this Guide; included a copy within the chart
- \_\_\_\_\_

## Ways to reduce your risk of a fall

- Are you feeling new or increased pain, fatigue or dizziness? Do you have a new infection or are just not feeling yourself? *If so, now is not the time to take increased risks.*
- Wear non-slip and supportive footwear – not slippers or socks.
- Take your time when you move - stay focused and avoid distractions.
- Make sure that your path is clear, and you have adequate lighting, particularly at night.
- If you take medication that can temporarily change your thinking or behaviour (such as for confusion or anxiety) your team may recommend additional support or supervision
- Keep important items close such as your phone, water, call bell, mobility aid, \_\_\_\_\_
- Use the equipment that your team has recommended: \_\_\_\_\_
- \_\_\_\_\_

## Ways to reduce harm if you are alone and fall

In the hospital	At home or in the community
<ul style="list-style-type: none"> <li>• Call for help, or use your call bell if you can reach it</li> <li>• <i>Wait for help to come.</i> Do not get up by yourself. This may cause more injuries.</li> <li>• We will assess you before helping you get up. In some cases, we may need to use special equipment to lift you up off the ground. We may also send you for an x-ray and/or scan, particularly if you have hit your head.</li> </ul>	<ul style="list-style-type: none"> <li>• Use your voice, telephone, or a medical alert system to get help. If you are interested in a falls detection device, please discuss this with your team.</li> <li>• Before you attempt to get up, scan your body for any injuries – Are you in pain or bleeding? Do you have any visible injuries such as dislocation, broken bones or cuts? If you are worried about serious injury <b>call for help.</b> <i>Further movement could cause more harm.</i></li> <li>• Move slowly before trying to get up. Use stable furniture to help you steady yourself. <b>Get up only if you have the ability and strength to do so.</b></li> <li>• Go to the hospital or seek medical attention if you are injured or unsure.</li> </ul>

Here are more resources on how to prevent falls. We can print or email these for you.

- [How to Reduce your Chance of Falling in a Rehabilitation/Complex Continuing Care Hospital](#)
- [Preventing Falls When Staying Overnight in the Hospital](#)
- [Preventing Falls at Home](#)