



Seven Ways to Prevent Falls in Memory Care During COVID-19 Pandemic

Since social distancing and shelter in place orders went into effect, there has been a staggering 20% increase in falls for residents in memory care communities. It is important to keep residents safe, but these necessary precautions lead to spending more time alone and unsupervised in their rooms. Avoiding unnecessary ER visits from falls is now more important than ever.

In the best of times, falling has always been an issue for memory care residents. In fact, SafelyYou's community data reveals that 70% of falls occur in a resident's bedroom and 80-90% of falls are unwitnessed.



Here are **SEVEN KEY TIPS** to help reduce the risk of falls in the bedroom during the COVID-19 pandemic



- 1** Keep frequently used items within reach.
- 2** Place mobility aid in best position for self-transfer; remove if unable to self-transfer to avoid cueing.
- 3** Increase wellness checks for those at higher risk.
- 4** Educate new staff on residents' preferences and nighttime routines: lights on/off, TV on/off, toileting, showering, sheets, bed positioning.
- 5** Take extra care to reduce clutter and ensure clear pathways in resident rooms. Remove and store items that are blocking pathways.
- 6** Engage residents in common areas despite the limitations of social distancing.
- 7** Make 1-1 time, even 2-3 minutes of non-task-oriented company will benefit residents. Less anxiety and agitation lead to calmer residents, and, hopefully, fewer falls.

These tips are a great way to get started on fall prevention program. For a more comprehensive information, check out SafelyYou's latest white paper, "[The Ultimate Guide to Reducing Falls in Memory Care Communities During COVID-19 Pandemic.](#)"

