

DDD PREVENTION BULLETIN | FALL PREVENTION

INTELLECTUAL DISABILITY (ID) = INCREASED RISK OF FALLING

People with ID often have issues with balance and movement. They also tend to have less safety awareness.

Medications:

Many medicines can cause drowsiness, dizziness, and unsteady gait.

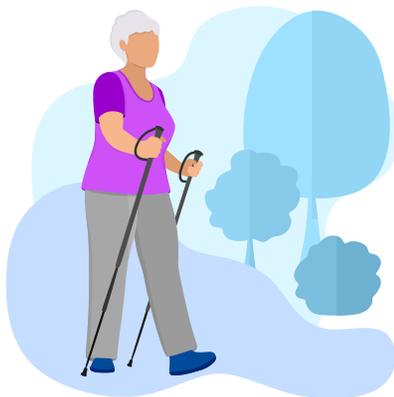


Indoor Safety:

- Discourage the use of throw rugs
- Remove clutter from high-traffic areas
- Keep floors dry and free of objects

Outdoor Safety:

- Avoid walking in areas with wet leaves, holes and gravel
- Always use caution when surfaces are wet or icy
- Encourage the use of step stools when getting on/off vans
- Use ramps and curb cutouts whenever possible
- Ensure seatbelts are functioning correctly and are fastened during transport



Personal Safety:

- Be sure all clothes and shoes fit well and laces are tied
- Use mobility assistance equipment as prescribed (i.e. gait belts, walkers, wheelchairs, etc.)
- Utilize durable medical equipment as prescribed
 - Hoyer lift for transfers
 - Shower chairs when showering
 - Bedrails to prevent falling out of bed
 - Helmets for seizures



After Fall Care

- Perform a body check to look for cuts, bruises, or other signs of injury
- Consider the potential for internal injury
- Provide first aid and call 911 as needed per Danielle's Law
- Be mindful of any delayed reactions hours or days after a fall such as swelling, bruising, or signs of pain, and get medical follow-up as needed
- Consider completing a fall risk analysis, which can help determine what factors contributed to the fall