

- Get up slowly. **Do not** start to walk until you are sure you have your balance.
- Take your time when walking or moving.

At your appointment

- Tell your health care provider about:
 - › Any changes in your medical condition
 - › If you have had any falls

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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How can I prevent a fall at a hospital appointment?

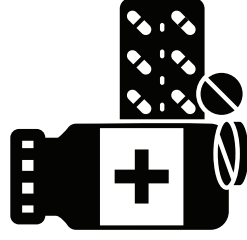
You are at a higher risk of falling if you:

- › Are 65 years old or older
- › Take 5 or more medications
- › Have had a fall in the past 3 months
- › Have a chronic (ongoing) condition that affects your mobility (movement)

How can I prevent a fall at a hospital appointment?

Before coming to the hospital

- Check the weather. Snow, rain, hail, and humidity can make outdoor surfaces slippery.
- Give yourself enough time to get ready. **Do not** rush.
- Know your medications and any side effects they may cause. If possible, bring a list of all of your medications with you to your appointment.
- Take your medications at the scheduled times, unless told otherwise by your health care team.



- Eat regular meals and drink water to stay nourished and hydrated.

Consider bringing a snack to the hospital with you.

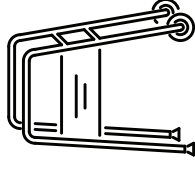


- If you get a ride to the hospital, ask your driver to drop you off in the 5-minute drop-off/pick-up area. They can then park and walk with you to the waiting area.
- If you drive yourself, remember to bring change for parking. At some sites, you may be able to pay for parking using a mobile app.

- Bring your provincial health (MSI) card, and any other items you may need (like glasses, hearing aid(s), cell phone).



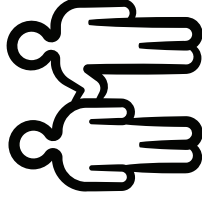
- Bring your mobility device (like a walker or cane), if needed. If you are not sure which device to use, bring both. **Do not** leave your mobility device in your car.



- Wear comfortable shoes with a closed toe and heel, and good grips.



- You may wish to ask a family member, a friend, or a support person to come to your appointment with you for support.



At the hospital

- Always use your mobility device and wear shoes when walking.
- Transport wheelchairs are available at most entrances.
- If you feel unsteady or dizzy, ask for help or use a call bell.
- Sit on a chair or a bed when getting dressed or changing into a hospital gown.