

Elderly Care Series Fall Prevention

The film is co-produced by the Department of Health and the Social Welfare Department as reference material for the Training Scheme for Foreign Domestic Helpers in Elderly Care.

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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_psfhd/