

**STAY SAFE,  
STAY PUT  
CALL FOR HELP**

We are here to assist you.



San Antonio Regional Hospital is a 271-bed, non-profit, acute care hospital providing healthcare to residents throughout the Inland Valley.

San Antonio offers a comprehensive range of general medical and surgical services, along with specialties in cardiac care, maternity and neonatal services, cancer care, neurological care, and emergency services.

While San Antonio began as a local community hospital over 100 years ago, it has now emerged as a premier regional medical facility with satellite locations throughout the area, offering outpatient services in Rancho Cucamonga and Fontana.



**SAN ANTONIO  
REGIONAL HOSPITAL**

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**A Guide for  
Preventing Falls**

**For Patients and Families**



You may be surprised to know that falls are the leading accident for people over the age of 65, and the main cause of serious injury in hospitals and long-term care facilities. However, falls are also preventable. The simple reminders below may prevent you from becoming a victim of a fall and help promote a successful, healthy recovery.

**Remember... Use your call light and call for assistance. We are here to assist you.**

### **Inform your nurse!**

To prevent falls it is important to inform your nurse:

- If you have a history of falling, so that staff can check on you more frequently.
- If you are dizzy, weak, or unsteady on your feet.
- If you have been told by your doctor or nurse to use a walker or a cane.

### **What are the risk factors for falling?**

- A history of falls
- Use of sleep medications
- Changes in blood pressure
- Irregular heartbeats
- Age 65 or older
- Depression, Alzheimer's disease, and forgetfulness
- Weak muscles or unsteady gait
- Toileting needs
- Vision or hearing loss
- Side effects of medications
- Difficulty remembering or understanding.
- Trouble with balance
- Difficulty walking
- Hazards that can cause you to trip
- Poor lighting
- New medications

### **What serious results can be caused by falling?**

#### **Serious injury**

- Bone fractures
- Brain trauma

#### **Financial loss, due to:**

- Increased hospital stay
- Increased rehabilitation expenses
- Increased time spent in a nursing facility

#### **A lower quality of life: \***

- Fear of falling again
- Avoidance of social activities and becoming isolated
- Failure to exercise

\* After a fall, a person's risk for future falls usually increases. This occurs when the person tries to avoid activity. Being inactive actually increases the risk of falling.