

財團法人 台灣省私立 台中仁愛之家附設靜和醫院
 跌倒高危險群衛教單張(英文版)

Which are the high-risk groups for falls?

| | | |
|---|--|--|
|  <p>關節僵硬 行動遲緩 走路碎步</p> |  <p>老人(>65歲)</p> |  |
| <p>Parkinson's disease patients</p> | <p>Age>65 years old</p> | <p>Take antihypertensive, hypoglycemic, diuretic, sedative & sleeping pills</p> |
|  | <p>曾有跌倒史</p>  |  |
| <p>People who use walkers and wheelchairs</p> | <p>Have a history of falls in the past</p> | <p>Insomnia, sleep interruption</p> |

How to prevent falls:

| | | |
|---|--|---|
|  |  |  |
| <p>Go to the toilet before going to bed and avoid holding back urine</p> | <p>Headgear can be used</p> | <p>Please reduce drinking water two hours before bedtime</p> |
|  |  |  |
| <p>Reduce coffee and tea before going to bed</p> | <p>Potty chair can be used</p> | <p>Bright lights, dry floor without water</p> |