

## Program/Unit Contacts:

---

---

---

## Program/Unit Recommendations:

---

---

---

## Useful Information

### Community Health Services

[islandhealth.ca/chs](http://islandhealth.ca/chs)

### Falls Prevention

[islandhealth.ca/falls-prevention](http://islandhealth.ca/falls-prevention)

### Home Care

[islandhealth.ca/home-support](http://islandhealth.ca/home-support)

### Indigenous Liaison Nurse

[islandhealth.ca/indigenous-liaison-nurse](http://islandhealth.ca/indigenous-liaison-nurse)

### Medical Equipment for Home Use

[islandhealth.ca/medical-equipment](http://islandhealth.ca/medical-equipment)

### Seniors Health

[islandhealth.ca/seniors](http://islandhealth.ca/seniors)



Scan the QR code to visit

[islandhealth.ca/falls-prevention](http://islandhealth.ca/falls-prevention)



Created: February 2026

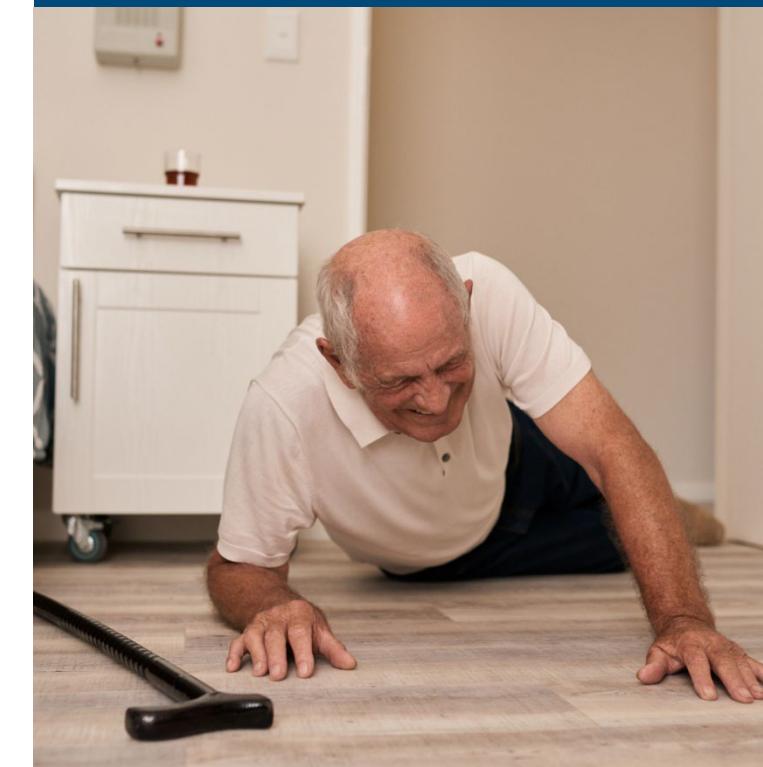
Print: #PS-00030



Island Health

# Preventing Falls During Your Hospital Stay

How to Reduce Your Risk of  
Falling While You're in Hospital



## Why Fall Prevention Matters

A fall in the hospital can slow recovery and significantly increase the length of your stay.

For adults aged 65 and older, the average hospital stay is about **11 days**. For those who experience a fall while in hospital, the average length of stay increases to **55 days**.

There's a lot we can do to help prevent falls. Your care team will work with you to reduce risks and support your recovery.

### Falls Prevention at Home

Staying strong and steady is key to reducing your risk of falls at home. In BC someone is hospitalized due to a fall every 30 minutes and 40% of admissions to long-term care facilities are the result of a fall.

Visit [islandhealth.ca/falls-prevention](http://islandhealth.ca/falls-prevention) to learn practical ways to reduce fall risks and stay safe at home.

## Why You Might Be at Risk of Falls When in Hospital

You may be at higher risk of falling while in hospital due to:

### Health-related changes

- Recent surgery or illness,
- Increased pain
- Decreased strength
- Confusion or lack of sleep
- Urgent or increased need to use the bathroom

### Mobility needs

- Not having mobility aids at your bedside or close by

### Environment

- Unfamiliar surroundings
- Crowded bedside (equipment or personal items)
- Liquids or spills on the floor
- Inappropriate footwear

### Medications

- Some medications may affect balance or alertness

Talk to your care team if you are concerned about falling during your hospital stay.

## What You Can Do to Prevent Falls

Here are some steps you can take to help prevent falls while in hospital:

- Ask your care team if it is safe for you to get up on your own.
- Use the call bell and wait for staff if you're unsure about getting up on your own or if you've been told you need help.
- Bring your mobility aids to hospital (walker, cane, wheelchair) unless your care team has told you not to.
- Wear your prescribed glasses and hearing aids (if appropriate).
- Wear slippers or shoes with rubber, non-slip soles. If you don't have any with you, ask staff for non-slip socks.
- Notify staff of any spills or liquids on the floor.
- Move slowly, as you may feel dizzy when first sitting or standing up. Sit on the side of the bed for one minute before standing up.