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Intercare Corporate Group Inc. - “The Heart of Excellence”



The Six “P’s” of Fall Prevention at a Glance

Falls are not just accidents - they are often preventable. The **six “P’s”** listed below can help staff and families work together to keep residents safe, comfortable and independent.

Pain

- ♦ **Why it matters:** Pain makes movement harder and less steady.
- ♦ **Example:** A resident limps or rushes because of hip pain.
- ♦ **Takeaway:** Treating a resident’s pain improves comfort and balance.

Personal Needs

- ♦ **Why it matters:** Urgent needs (toileting, eating, drinking, temperature comfort) often lead to unsafe rushing.
- ♦ **Example:** A resident with dementia forgets to use the call bell and gets up quickly to find the bathroom.
- ♦ **Takeaway:** Anticipating and meeting a resident’s personal needs prevents unsafe movements.

Pathways

- ♦ **Why it matters:** Unsafe environments increase fall risks.
- ♦ **Example:** Clutter, cords, or poor lighting in hallways.
- ♦ **Takeaway:** Clear, well-lit and uncluttered pathways keep residents steady and help prevent resident falls.

Position

- ♦ **Why it matters:** Poor posture, weakness or fatigue can cause sliding or unsafe transfers.
- ♦ **Example:** A resident slides forward in a wheelchair or stands too quickly from bed.
- ♦ **Takeaway:** Supportive positioning and safe transfers reduce resident falls.

Possessions

- ♦ **Why it matters:** Residents often reach for items without asking for help.
- ♦ **Example:** Glasses, hearing aids, call bells or remotes left out of reach.
- ♦ **Takeaway:** Keep essentials close to residents, to prevent unsafe reaching or searching.

Plan

- ♦ **Why it matters:** A personalized plan of care for residents ties all of the **six “P’s”** together.
- ♦ **Example:** Documenting toileting schedules, safe transfer methods and where possessions should be kept.
- ♦ **Takeaway:** A consistent, person-centered plan ensures everyone works together to prevent resident falls.

The **Six ‘P’s’** – **Pain**, **Personal Needs**, **Pathways**, **Position**, **Possessions** and **Plan** – work best when considered together. Each one addresses a different everyday risk, but when integrated into the resident’s care, they create a strong, person centered approach that reduces falls, protects dignity and supports independence for residents in long term care.

FALL PREVENTION



Fall Prevention

At Intercare, we are committed to promoting and maintaining resident independence and safety. Falls management, including the use of intervention strategies for residents who are at risk for falls, are important steps that enable us to work with residents and their families to help reduce the risk of resident falls.

There are several reasons and / or combination of factors that contribute to resident falls. These may include: age, poor balance, muscle weakness, arthritis, poor eyesight or hearing, memory loss, depression, certain medications or change in medications, cluttered surroundings, unsafe footwear and unfamiliar surroundings or environments.

Here are some ways our staff work to help reduce the risk of resident falls:

- Help residents settle in and help keep their surroundings safe.
- Assess resident risk of falling by using a "Falls Risk Identification Tool" and / or "Post Fall Review":
 - ◊ When a resident is first admitted
 - ◊ If the resident experiences a fall(s)
 - ◊ If the resident's medical condition changes.
- Discuss and provide fall management / risk factors information.
- Discuss and provide fall intervention strategies, as required.
- Regularly review resident risk of falling with our team of professionals, including the attending physician, nursing, physical therapist and occupational therapist.
- Regularly conduct "falls rounds" on varying units (incorporating the full multidisciplinary team) to discuss trends and ways to minimize resident falls.

Everyone has a role to play in managing resident falls. Here is what residents can do to help:

- Stay active each day, in as many ways as able.
- Always try to eat and drink well.
- Wear comfortable clothing that is not too long or loose.
- Wear comfortable low heeled, non-slip shoes that fit well (NOT socks, slippers or sling-back shoes).
- Sit down and rest when tired.
- Use call bells when needing assistance.
- If staff recommend that assistance or supervision is needed when moving, wait for assistance before moving.
- Take extra time when getting up from a sitting or lying down position.
- If there is a walking aid, use it! (Do not use furniture or walls for balance).
- Let staff know if feeling unwell or unsteady.
- Watch out for environmental hazards such as spills and clutter that could cause a fall and tell staff about them promptly.
- Wear glasses if prescribed, take special care with bifocals or multi-focal lenses.

If a resident is unable to understand or retain information, it is particularly important that their family members work in conjunction with staff to help us manage resident falls. Here is what families can do to help:

- Share with us any information you have about **past falls** of your loved one, so that we can put monitoring in place as soon as possible.
- Discuss the use of **Hip Protectors** (to be provided by the family), if the use of Hip Protectors has been recommended.
- Support the use of **fall strategies** such as fall mats, if the use of one has been recommended.
- Constantly remind your loved one about the importance of **wearing proper footwear** and **asking for assistance** from staff.

Please note:

- Intercare has a **ZERO Restraint Policy** in place.
- Restraints **do not** prevent resident falls - rather, their use increases the risk of resident injury.
 - ◊ Intercare does not support the use of restraints for fall prevention i.e. seat belts that a resident cannot undo.
- Bed and chair alarms **do not** prevent resident falls.
 - ◊ Bed and chair alarms alert staff (who are within proximity) that a resident is attempting to transfer, is moving or has already fallen and, therefore, are not a fall prevention strategy.