

About FALLING & INJURIES

Your loved one with memory problems may become clumsy, bump into things, trip, or fall out of bed.

When a person falls:

1. Remain calm.
2. Check for pain and injuries you can see.
3. Avoid the start of a catastrophic reaction.
4. Watch for signs of pain, swelling, bruises, agitation, or distress.
5. Call the doctor if these symptoms occur or if they hit their head.

Reasons it's easy to overlook serious injuries:



- Older people are more vulnerable to broken bones from what seems like a minor injury.
- They may continue to use a broken arm or leg.
- People with memory loss may not tell you they are in pain or may forget to tell you they have fallen.

Have a routine and check your loved one for cuts and bruises.
Changes in behavior may be your only clue to an injury.

TAKE YOUR TIME

Accidents happen when caregivers and loved ones rush.