

# Fall Prevention Buddy – A Guide for Patients and Caregivers



## NAVIGATING THE CLINIC



Lock wheelchair when stationary and during transfer



Keep mobility scooter within speed limit of 5 km/h

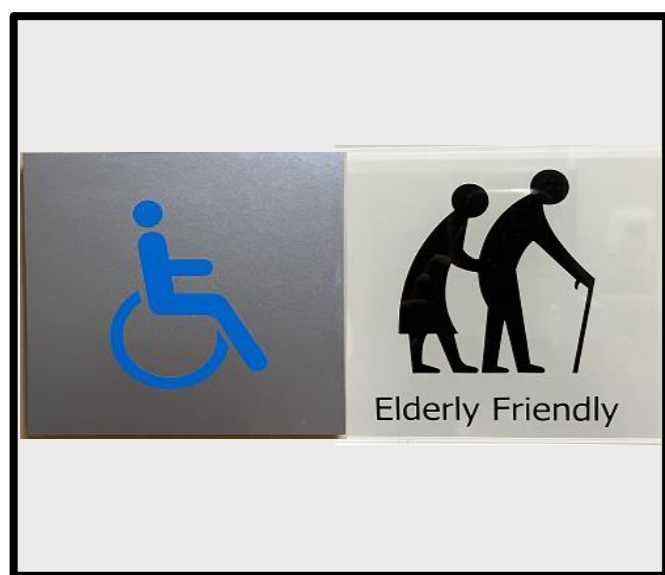


Do not rush, focus when walking



Wear appropriate footwear with adequate friction

## IN THE TOILET



Use wheelchair / elderly-friendly toilets



Pull the call bell for help



Avoid using squatting toilets if you have weak legs



Support yourself with grab bars

## BE AWARE



Do not sit on chairs with wheels or without back support



Doors that swing outwards



Wet floors



Uneven surfaces



### TIPS FOR CAREGIVERS

- **DO NOT** leave your elderly or loved ones alone
- **Accompany** them to the toilet and assist where needed



**Always ask clinic staff for assistance when needed**



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

Department of Medical Centre Operations (MEC Ops)  
PECC-OMU-ED-2023-1807-v2

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