

Practicing Senior Safety Tips Keeps Preventable Falls Away from You (Chapter 3) 防跌耆妙法，路遙皆可達 (第三章)

13. Fall Preventive Practices

防跌措施

Being active also works effectively with other fall preventive practices, 保持活躍的同時，也可以有效地加強其他防跌措施， such as monitoring medication of chronic diseases, 例如檢視慢性疾病的用藥情況， healthy balanced eating, stop risk-taking behavior, as well as using home safety devices and installations. 健康均衡飲食，停止冒險行為，和使用家居安全設備及裝置。

Use of medicines

使用藥物

The majority of falls have a multifactorial origin.

大部分的跌倒案例，都有多重因素導致。

Drugs are one of the modifiable risk factors for falls which should be monitored by healthcare profession.

藥物是其中一個可改變的風險因素，是需要醫護人員監察。

Older people tend to take more drugs than younger people.

長者相比年輕人可能吃更多藥物。

Also, as people age, they develop altered mechanisms in absorbing and metabolizing drugs.

同時當年齡漸長時，人們會改變原來吸收和代謝藥物的身體機制。

Some medicines can cause seniors to feel dizzy or sleepy, making them more likely to fall.


有些藥物可令長者感到眩暈或睏倦，令他們更易跌倒。

When prescribing new drugs to these older patients, health professionals should fully ascertain other drugs being taken, including self-prescribed medicines.

當為這些長者處方藥物時，醫護人員應該查究長者正在服食的所有藥物，包括他們自行服用的成藥。

Healthcare professional should send out an alert if a medication profile review identifies a drug that may contribute to orthostatic hypotension, dizziness, fatigue, urinary urgency.

若在藥物檢視過程中，發現有可能導致姿位性低血壓、眩暈、疲憊、尿頻的藥物，醫護人員應該作出提示。

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Reviewing medications with people 65 and older can reduce interactions and side effects that may lead to falls.

為65歲或以上的長者檢視用藥情況，可以減少因藥物反應和副作用而引起跌倒的風險。

A monitoring plan on side effects of medications is essential.

有一個對所服用藥物的監督計劃是必需的。

Healthy eating

健康飲食

Eating a healthy balanced diet is central to healthy ageing.

健康均衡的飲食是健康老齡化的核心。

Adequate intake of protein, calcium, essential vitamins and water are essential for optimum health.

充足的蛋白質、鈣、必需維生素和水的攝入對於最佳健康至關重要。

Growing evidence supports dietary calcium and vitamin D intake

越來越多的證據支持食用鈣和維生素 D 的攝入，

improves bone mass among persons with low bone density

可以改善骨質密度，

and that it reduces the risk of osteoporosis and falling.

並降低骨質疏鬆和跌倒的風險。

14. Stopping Risk-taking Behaviour

停止冒險行為

Many fall prevention program focus on physiological or environmental risk factors.

很多防跌計劃一般專注於生理或環境風險的因素。

However, there are also other small things that carers can do inside the home to set their senior up for success.


然而，照顧者也可以從家居中很多的細節上為長者作準備，以防止跌倒發生。

Get the right shoes and clothes

穿著合適的鞋及衣物

Beyond the environmental factors, an older person may carry a falling hazard around with them in the form of clothing.

環境因素以外，長者也可能因為衣著問題隱藏著跌倒的危機。

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Tight clothing can heat up too fast or restrict blood flow, causing an older adult to lose short term motor skills.

緊身的衣服，會過快令體溫上升或阻礙血液運行，因而令長者短暫失去行動能力。

Extremely loose clothing can put you at risk as well.

過於鬆身衣服同時也會帶來危險，

It can get caught on doors, windows or furniture, causing a fall.

可能會被門窗或傢俱夾著，令長者跌倒。

Footwear is a recognized extrinsic risk factor for falls and affects balance, gait, safety and mobilization.

鞋履是被公認跌倒的外在風險因素，影響著平衡、步履、安全和移動力的問題。

Seniors should bear in mind that they need to be wearing proper footwear, even when they are in the home.

長者應謹記要穿著合適的鞋履，即使在家也不例外。

Wearing poor fitting shoes is a risk taking behaviour.

穿著不合身的鞋是一個冒險的行為。

While walking barefoot may seem like a safe option, it actually creates a great risk factor for falls.

雖然光著腳走路看似是一個安全的選擇，然而這樣做卻會製造更大的跌倒危機。

Slippers may also seem like a worthy alternative, but could actually be more dangerous, if not correctly fitted for the specific needs of seniors.

穿拖鞋也似乎是一個不錯的替代方案，但若非適合長者特定需要的拖鞋，同樣會帶來危險。

Walking in socks without shoes or in slippers without a sole increases the risk of slipping indoor.

在室內只穿襪子不穿鞋，或穿著沒有鞋底的拖鞋，都會增加滑倒的風險。

In general, seniors at a high risk of falls should avoid loose fitting shoes and shoes with slick soles.

一般來說，屬跌倒高危一族的長者，應該避免穿著鬆身和鞋底滑的鞋履。

If the senior has foot problems, shoes that fail to address them may cause trouble as well.

如長者有腳部問題，沒有穿上相應的特殊鞋履，也會造成問題。

For example, normal shoes can increase the pain and discomfort of those with fallen arches, and this pain may increase the risk of a fall.


舉例說，正常的鞋會令扁平足者不舒服和痛楚，而這痛感可能會增加跌倒的風險。

This means adaptive footwear should consider non-skid soles, easy open and close fastener, wider opening so it is easy to get feet into shoes, and extra padding for comfort.

因此應考慮防滑鞋底，易於開關的扣件，鞋口寬闊可以容易穿著，和加厚襯墊穿得更舒適等。

This not only helps prevent falls but it can make it much easier for seniors to get around on their own safely.

這些不但可以防跌，也讓長者可以更容易和安全地自行走動。

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15. Home Safety

家居安全

Some people may think staying at home can keep a senior from falls.

有些人可能認為呆在家裡可以使長者免於跌倒。

Unfortunately, this is just far from the truth.

不幸的是，這與事實不符。

Half of all falls happen at home, and many occur when older people are doing everyday activities such as reaching for objects overhead, climbing on a stepstool or walking down the stairs.

一半的跌倒發生在家裡，許多發生在長者做日常活動，如伸手到頭頂上取物品，爬上工作梯或走下樓梯。

Home hazards may include slippery floor, loose rugs and insufficient lighting.

家居危險可能包括地板濕滑、鬆脫地毯和照明不足。

(1) 地板

Flooring

- The use of nonslip flooring should be the top priority.
使用防滑地板應為首選。
- Slip-resistant floor wax should be used for flooring that needs polishing.
防滑地板蠟應用於需要拋光的地板。
- Keep all indoor areas on level ground.
室內各處最好是同一平面。
- In case a raised level is unavoidable, contrasting colours should be adopted to allow a clear differentiation between levels.
如果無可避免的有高低落差時，應設計對比顏色來區分，
- Alternatively, sharp-coloured floor marking tapes should be applied to clearly mark the steps.
或在高低界面處貼上鮮明色帶提示長者。
- Avoid using door thresholds indoors
- 室內盡量少用門檻。
- In case there is one, try to keep its height below 1 inch and ensure that its colour differs from that of the flooring.
如果有，儘量保持其高度低於 1 英寸，並確保其顏色與地板的顏色不同。
- Wet floor should be wipe dry at once.
濺濕了的地面要立刻抹乾。

(2) 光線與照明

Lighting

The diminished vision of older people, as well as improper lighting condition at home, is often a neglected area in home safety.

長者退化的視力，以及家中的不適當照明環境，往往是家居安全中被忽視的一環。

Use of light with low color temperature e.g. yellowish color make the eyes more tiring and more demanding for precise job like writing, cutting thing and may cause accidents.

使用暖色調照明如黃色光會令眼睛更疲憊，在做一些較為嚴謹或細緻的工作如寫作、剪裁時更耗費精力，也可能引起意外。

The elderly requires adequate but soft, mild lighting indoor.

長者需要充足、柔和不刺眼的光線。

The easiest way to improve the dim environment is to replace the strong bulb or tube with a lamp cover.

改善昏暗環境，最簡單的方法就是換上較強力的燈泡或光管，併加上燈罩。


- Dim lighting may increase the elderly's risk of tripping over the furniture.
暗淡的環境容易被家具物件絆倒。



- Night lightings, which are like lighthouses in the dark, should be installed on corridors.
夜明燈安裝在通道走廊、在黑暗中有如燈塔一樣。
- Sensor activated light provides another smart solution to the lighting issue at home.
感應器開動的燈也是家居照明問題的智能解決方案之一。



(3) Equipment hazards

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設備的潛在風險

Electric cords 電線

Electrical appliances make life easier, but without adequate power socket and use of extension cord, the risk of accident will increase and even fatal.

電器用品讓生活更方便，但若沒有足夠的插蘇和沒有使用延長線，意外的風險會上升，有些情況甚至是致命的。

Do not allow any electricity cables to lie across a walkway.

電器拖線不要橫越通道



Rugs and Carpets

地毯

- Rugs and carpets should lie flat on the floor.
地毯和地毯應平放在地板上。
- Any fold or curled edge might cause tripping.
任何皺褶或捲曲的邊緣都則容易導致絆倒。
- Plastic nonslip mats are preferable to fabric or soft rugs.
宜用膠防滑墊，不宜使用布或軟身地氈。
- Repair worn and torn rugs or carpets.
修理磨損、或裂開的地毯。
- Curled corners or edges should be secured to the floor with adhesives or tacks.
粘貼、或是釘住捲曲的地毯邊角或邊緣。
- Nonslip backing should be applied to loose throw rugs, or simply remove them altogether.
在小張地毯下放置防滑墊，或移走。

(4) Furniture

傢俱

Loose furniture, chair with wheels, chair without back support or armrest, seats that are too low, are all hazards to the lives of elderly.

鬆散的傢俱、有滾輪的椅、沒有靠背或扶手的櫈、座椅太低等，對長者的生活都有危害。

Although the senior would say they have used for long time, as previously mentioned, the declining physical abilities may affect their performance in daily activities.

雖然長者會說這些傢俱都已經用了很久，如前所指，他們的體能下降可能影響日常活動的表現。

Chairs

椅子

- Sturdy and not prone to topple over
穩固，不易翻倒
- Seat should be of a proper height, so that feet can stay flat on the ground while sitting.
合適高度，坐著時雙腳可平放地上
- Seat cushion that offers adequate support
足夠承托力的坐墊
- With armrests installed to offer support when one stands up or sits down
有長扶手，可輔助站立和坐下
- Cushy couches that seaters tend to sink into are not suitable for the elderly, who may have difficulties standing up from them.
容易凹陷的沙發不適合長者，因站起時會造成困難

Side tables /stools

茶几/矮凳

- Older people with a narrow field of vision field loss might not easily take notice of some low furniture, such as side tables, which should be kept away from walkways.
視野縮窄了的長者，可能不容易注意到一些低矮的傢俱，如側桌，應遠離人行道。
- Choose side tables or stools that are in a different colour from that of the flooring when making purchases.
而購買時，應選擇一些和地板不同顏色的茶几或矮凳。



(5) Bedroom

睡房

Bedside lamps

床頭燈

- They are important sources of lighting when the elderly get up in the night.
當長者在夜間起床時，它們是照明的重要來源。
- Should the installation of such proves difficult, handheld flashlights may also be an option.
如不能安裝床頭燈，可用手電筒代替。

Height of the bed

床的高度

- One's entire soles should be able to comfortably reach the floor when one is seated on the bed, whose height should, in general, be around 18 inches.
以坐著時雙腳可平放地為準，一般約十八英寸。
- Cushy bedside mats can help reducing the risk of injury, in case the elderly falling off the bed.
床邊的墊子可以幫助減輕長者滾下床造成的傷害。

Mattress

床墊

- Mattress should offer sufficient support.
床墊要有足夠承托力。
A mattress too thick or too soft not only is a hazard to one's spinal health, but also makes turning or sitting up in bed difficult for the elderly.
太厚和太軟的床墊除了對脊椎健康不利外，長者轉身和坐起會較吃力。
The extra effort required for getting up will affect walking, and sitting by the bed is also easy to slide down.
若費太多氣力才能起床，會影響步行，而坐在床邊亦容易滑下。

(6) Kitchen

廚房

The frequently used items should be placed within an arm's reach, at a level between one's shoulders and hip.

常用的物品應放在順手位置，高度介於髖關節與肩之間

Always keep the floor dry

經常保持地面乾爽

Nonslip floormats can be placed near the sink to prevent the elderly from slipping on the wet floor.

去水盆經常濺濕的地方可鋪上防滑膠墊，防止濕滑

(7) Toilet

廁所

Grab bars can offer support when one stands up or sits down and reduce the risk of accidents. A wide range of grab bars are available to suit different environments.

扶手可幫助站立和坐下，減少危險。不同類型的扶手適合不同的環境

Fixed vertical or horizontal hand rails

直立和橫向的固定扶手

Foldable grab rails that can save space

活動扶手可以折起，節省空間

Elevated toilet seats

加高座廁

They make it easier for the elderly to sit down or rise up

方便長者站起和坐下

Ensure that no water puddle or trash is found on the bathroom floor

確保浴室沒有過度溢出的水漬、地上沒有垃圾

Apply nonslip coating or nonslip mats in bathtubs or on the floor of shower booths

在浴盆、或是淋浴間地面安裝防滑道、防滑墊

For the elderly who have problems standing for an extended period, a wall-mounted seat, a folding stool, or a bath seat can be installed to allow them to sit down while taking a shower.

不能久站的長者，可安裝座板、摺椅及浴缸椅以便坐著洗澡

Slip hazards

減少滑倒危險

Avoid using shower oil that may cause a slippery floor.

避免使用會導致地滑的沐浴油；

Replace soap bars with wall-mounted shower cream dispensers, if possible

如有可能，把塊狀的肥皂換成固定在牆上的取沐浴乳器

(8) Communication devices

通訊設備

- Make sure that the telephone is installed at the elderly's bedside or at a place within easy reach from their chair
確保電話安裝在長者床邊或從椅子上很容易接觸到的地方
- Provide the elderly with a mobile phone, so that they can call for help in case they fall
給長者配置一個手機，以便長者跌倒時打電話求助
- An emergency alarm can be installed on the chair, bed, and toilet, in case the unattended elderly fall

可在椅子、床和廁所安裝緊急通報器，以防在無人看的情況下起身時跌倒

It is important that older people who are admitted to hospital after having a fall should be offered a home hazard assessment and safety interventions.

重要的是，在跌倒後入院的長者應接受家居風險評估和安全改善措施。

The home environment should be checked for anything that might put them at risk of falling again.

家居環境應該檢查任何可能使長者再次跌倒的風險。

Adopt environmental improvement measures to enable older people to move freely on their own.

採取環境改善措施，能夠讓長者自在地活動。

-End of Chapter 3-

-第三章 完結-