







財團法人 台灣省私立 台中仁愛之家附設靜和醫院  
 跌倒高危險群衛教單張(英文版)

Which are the high-risk groups for falls?

|   |  |  |
|---|--|--|
|  <p>關節僵硬<br/>             行動遲緩<br/>             走路碎步</p> |  <p>老人(&gt;65歲)</p> |   |
| <p>Parkinson's disease patients</p>   | <p>Age&gt;65 years old</p>   | <p>Take antihypertensive, hypoglycemic, diuretic, sedative &amp; sleeping pills</p>  |
|   |                   |  |
| <p>People who use walkers and wheelchairs</p>   | <p>Have a history of falls in the past</p>   | <p>Insomnia, sleep interruption</p>  |

How to prevent falls:

|   |  |   |
|---|--|---|
|  |  |  |
| <p>Go to the toilet before going to bed and avoid holding back urine</p>            | <p>Headgear can be used</p>  | <p>Please reduce drinking water two hours before bedtime</p>                          |
|  |   |  |
| <p>Reduce coffee and tea before going to bed</p>                                    | <p>Potty chair can be used</p>   | <p>Bright lights, dry floor without water</p>   |