

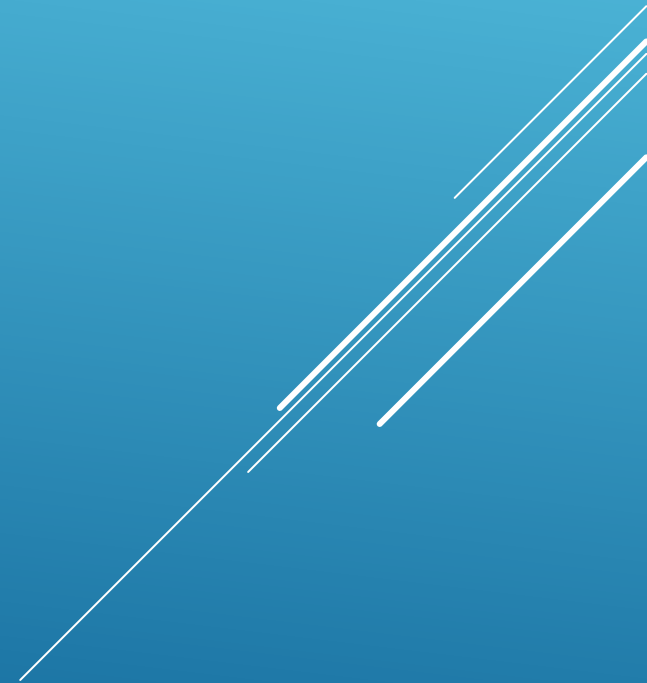
# ALARMS AND FALL PREVENTION: IT'S NOT ALL ABOUT THE BELLS AND WHISTLES

**Windsor Healthcare Communities**  
**2<sup>nd</sup> Annual NJ Culture Change Connect Forum**  
**June 15, 2016**

- ▶ Share journey stories of 3 Windsor Healthcare Communities' homes
- ▶ Identify operational procedures for removing current personal alarms and preventing future use

OBJECTIVES

# JOURNEY STORIES





**RUDI STERNSCHEIN, COMMUNITY MENTOR  
LLANFAIR HOUSE CARE & REHABILITATION CENTER**



**BOB REYES, COMMUNITY MENTOR  
VENETIAN CARE & REHABILITATION CENTER**



**Yael Herman, Community Mentor  
Canterbury at Cedar Grove  
Care & Rehabilitation Center**

“The family is requesting we use alarms.”

“It prevents them from falling.”

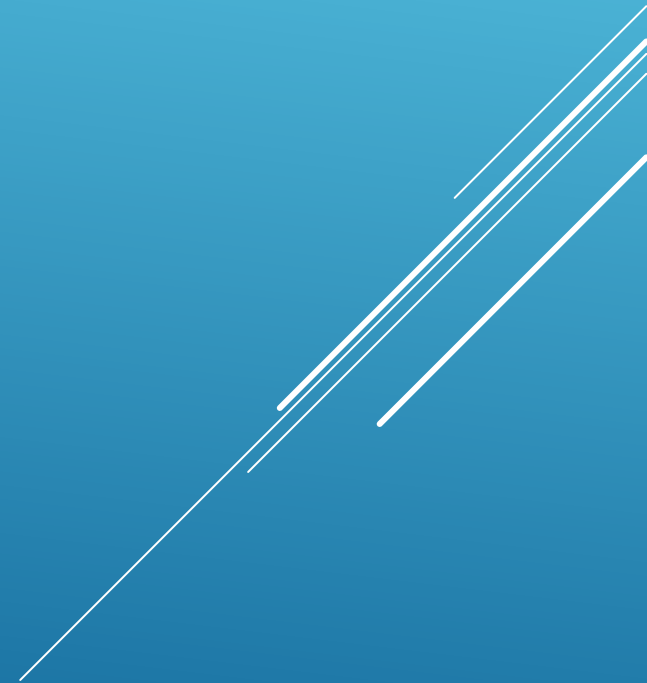
“It’ll alert the staff care partners when they’re moving. We can prevent a fall.”

SO...Why do we still have falls?

COMMON OBJECTIONS



**KEEP  
CALM  
AND  
ELIMINATE  
ALARMS**





- ▶ Leadership must be on board
- ▶ Educate ALL care partners (including doctors, housekeeping, maintenance)
- ▶ Educate Elders and families

EDUCATION AND PREPARATION

- ▶ The Elder must be WELL-KNOWN
- ▶ Exercises that promote strength and balance (Restorative Nursing)
- ▶ Life enrichment activities that promote movement
- ▶ Consistent care partner assignment

MEANINGFUL ENGAGEMENT



- ▶ Eliminate alarm if Elder has not fallen in 30 days
- ▶ If Elder is able to remove the batteries, cord or the alarm itself
- ▶ If alarm causes confusion and fright to the Elder
- ▶ If the Elder has fallen with an alarm on, DO NOT put it back
- ▶ Celebrate and educate some more!

HOW WE CHANGED...

- ▶ Share your vision of what HOME is
- ▶ No alarms in Central Supply (check for “hidden” alarms)
- ▶ No alarms on new Elders moving in the home
- ▶ Educating new care partners, Elders and family members
- ▶ Consistency is key!

PREVENTING FUTURE USE...

THANK YOU

