

The Falls Notebook consists of the following items:

- **Instructions:** Overview of a falls prevention program
- **Background:** Background on falls and falls prevention
- **Falls Team:** A guide to developing a multi-disciplinary falls team
- **Falls Policy:** A guide to developing a falls policy
- **Interventions:** Interventions to reduce fall risk and injuries from falls
- **Resources:** Annotated references on key topics relating to falls
- **Floor Mat Guide:** A resource and implementation guide
- **Video 1, 2, 3:** guides to the accompanying videos

Media resources are available:

Posters for patients, families and staff

Designs of sample pins for identifying falls advocates or other key resources

Three videos:

Video 1: Performing a Balance Assessment

Video 2: Hip Protectors in an Inpatient Setting

Video 3: Protecting Your Hips with Hip Protectors