

Speak up if you or your family have any questions or concerns about your care:

- Speak to the unit manager of the ward/unit/facility
- If you are unaware of who the manager is, ask any staff member to either introduce you to the manager and /or organise a time for you to speak with the manager



About Calvary

Calvary is a charitable Catholic not-for-profit organisation with more than 12,000 staff and volunteers, 15 public and private hospitals, 15 Retirement and Aged Care facilities, and 22 Community Care centres. We operate across six states and territories within Australia.

Established in Sydney in 1885, by the arrival of the Sisters of the Little Company of Mary in Australia, our mission is to provide health care to the most vulnerable, including those reaching the end of their life.

Contact Details

National Office

Little Company of Mary Health
Care Limited
Ph: 02 9258 1700
www.calvarycare.org.au

Calvary Community Care

Operates in Victoria, New South
Wales, ACT, South Australia,
Tasmania, Northern Territory and
Tiwi Islands
Ph: 03 9577 3333
www.calvarycommunitycare.org.au

Hospitals

Calvary Public Hospital Bruce
Ph: 02 6201 6111
www.calvary-act.com.au

Calvary Bruce Private Hospital, ACT
Ph: 02 6201 6111
www.calvaryactprivate.org.au

Calvary John James Hospital, ACT
Ph: 02 6281 8100
www.calvaryjohnjames.com.au

Calvary North Adelaide Hospital
Ph: 08 8239 9100
www.calvarynorthadelaide.org.au

**Calvary Wakefield Hospital,
Adelaide**
Ph: 08 8405 3333
www.calvarywakefield.org.au

**Calvary Rehabilitation Hospital,
Adelaide**
Ph: 08 8168 5700
www.calvaryrehabsa.org.au

Calvary Central Districts Hospital, SA
Ph: 08 8250 4111
www.calvarycentraldistricts.org.au

Calvary Lenah Valley Hospital, TAS
Ph: 03 6278 5333
www.calvarylenahvalley.org.au

Calvary St John's Hospital, TAS
Ph: 03 6223 7444
www.calvarystjohns.org.au

Calvary St Luke's Hospital, TAS
Ph: 03 6335 3333
www.calvarystlukes.org.au

Calvary St Vincent's Hospital, TAS
Ph: 03 6332 4999
www.calvarystvincents.org.au

Calvary Riverina, NSW
Ph: 02 6925 3055
www.calvary-wagga.com.au

Calvary Mater Newcastle, NSW
Ph: 02 4921 1211
www.calvarymater.org.au

Calvary Kogarah, NSW
Ph: 02 9553 3111
www.calvary-sydney.org.au

Calvary Bethlehem, VIC
Ph: 03 9596 2853
www.bethlehem.org.au

Calvary Retirement Communities

www.calvarycare.org.au

**Calvary Ryde
Retirement Community**
Ph: 02 8878 1400

**Calvary Haydon
Retirement Community**
Ph: 02 6264 7400

**Calvary Cessnock
Retirement Community**
Ph: 02 4993 9000

Calvary Retirement Communities Hunter

Hunter Regional Office
Ph: 02 4967 0670

**Calvary St Joseph's
Retirement Community**
Ph: 02 4967 0600

**Calvary Cooinda
Retirement Community**
Ph: 02 6572 1537

**Calvary Mt Carmel
Retirement Community**
Ph: 02 4932 0350

**Calvary Mt Providence
Retirement Community**
Ph: 02 6543 2053

**Calvary Nazareth
Retirement Community**
Ph: 02 4947 0047

**Calvary St Francis
Retirement Community**
Ph: 02 4942 7477

**Calvary St Martin de Porres
Retirement Community**
Ph: 02 4968 2244

**Calvary St Paul's
Retirement Community**
Ph: 02 6553 9219

**Calvary Tanilba Shores
Retirement Community**
Ph: 02 4984 5922

**Calvary Ephesus
Retirement Community**
Ph: 1800 222 000

**Calvary St Luke's
Retirement Community**
Ph: 1800 222 000

**Calvary Tours Terrace
Retirement Community**
Ph: 1800 222 000

Stay Safe

Important information
about Falls!



Hospitality
Healing
Stewardship
Respect

Continuing the Mission of the Sisters of the Little Company of Mary

Did you know that that falls are the second leading cause of accidental injury and death world-wide?¹

- In 2009, 26 per cent of NSW residents aged 65 years or older fell at least once.
- In NSW each year, falls lead to approximately 27,000 hospitalisations and at least 400 deaths in people aged 65 and older. The rate (age-standardised) of hospitalisations for falls is over three times higher among residents of aged care facilities than among the community based older people.
- Age-standardised rates of fall-related hospitalisations among older people have been increasing for more than 10 years.
- Even non-injurious falls can have negative impacts, such as loss of confidence and activity restriction.
- Falls are the most commonly reported adverse event among hospital inpatients.²

Calvary would like to reduce this number!

Why do most falls occur?

The number one cause of falls while in care, is getting out of bed instead of waiting for assistance.

What can you and your family do to prevent falls?

- Don't get out of bed to use the buzzer – keep it within safe reaching distance
- Always use the buzzer, don't get out of bed to do it yourself
- If getting out of bed, always sit on the side of the bed first, don't get up too quickly
- Do give a complete history of falls during assessment
- Be sure you know the layout of the room and bathroom
- Take care at night
- Understand the possible effects of medication
- Wear safe shoes or non-slip socks
- Watch the floors
- Ensure you have adequate food and water in reach
- Work with the clinical team to fully identify your needs and then follow through with recommendations; for example, using a walking frame
- Do not ask your family for help to the toilet while you are staying with us.

What is Calvary doing to prevent falls?

- Ensuring our Falls Prevention Training Packages are completed by all care providers
- Having a system to ensure every patient and resident is assessed for their needs to prevent falls during their stay
- Providing equipment such as hand rails throughout our facilities, including in bathrooms
- Providing equipment for short term use
- Involving allied health professionals such as physiotherapists to help us prevent falls
- Checking for environmental hazards such as uneven floor services and fixing them
- Providing information when medications are changed
- Investigating all falls to identify any opportunities to prevent a similar incident happening in the future
- Recognising our services with STAR Awards for reducing falls!

¹ After cardiovascular diseases:
World Health Organisation 'Falls Fact Sheet' no 344, October 2012

² CEC, NSW Falls Prevention Program, www.cec.nsw.gov.au