



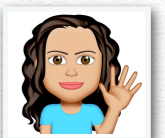
## Safety Lessons 1-5

From Speech and Language Therapy Cafe

Mini-lessons to facilitate safety awareness, provide problem-solving techniques, and provide visual memory compensatories for patients residing in a SNF or LTC

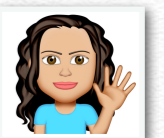
# Why mini-lessons on safety?

- ❖ In my 10 years as a medical SLP working in the various sites such as the SNF, LTC, and Memory Units in AL/IL facilities, mini-lessons were the most effective tool I utilized with my patients with mild cognitive deficits and early stages of Dementia who had limited safety awareness.
- ❖ However, I could never find lessons that were critical and pertinent to my patients immediate needs. So 10 years ago I made this set of mini-lessons which I continue to utilize to this day.
- ❖ As I began presenting my mini-lessons, each of my patients found them engaging because I introduced them through social conversations, scripts, and lesson reviews...and who does not love a social exchange?
- ❖ Statistics indicate: 1) 300,000 older adults are hospitalized with hip fractures each year. 2) Falls are the #1 cause of traumatic head injuries (TBI). 3) Falls are the leading cause of death among people 65 and older (9,500 deaths per year)...now that is scary!
- ❖ So the questions I asked myself 10 years ago were, "What can I do to improve safety awareness on all my patients?, How can I contribute to their quality of life?"



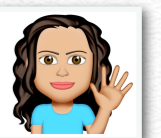
# What is included in the mini-lessons 1-5?

- ❖ Bathroom/Toilet Safety
- ❖ Bedroom Safety
- ❖ Dining Room Safety
- ❖ Medication Management Safety
- ❖ Safety During Showers/Bathing



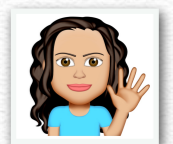
# Lesson 1

## Bathroom/Toilet Safety



# Bathroom/Toilet Safety Tips

1. Use your call light if you have been instructed by your doctor/nurse/therapist to do that. Wait until help arrives. **DO NOT GET UP** without help!
2. If you have been given the green light to use your wheelchair or walker, make sure you transfer slowly when going to the bathroom.
3. Watch out for obstacles: bed spread, sheets, rugs, and clutter on your way to the bathroom/toilet.
4. Place your wheelchair or walker as near to the toilet or sink as possible.
5. Lock your wheelchair or rolling walker before sitting on the toilet or accessing the sink.
6. Use any safety rails/bars your bathroom's facility has.
7. Press the call light if you fall, get dizzy, or feel weak. (Ask your patient, "Can you think of some other tips?")
8. \_\_\_\_\_.
9. \_\_\_\_\_.
10. \_\_\_\_\_.



# Bathroom/Toilet Safety Script

❖ “Let’s pretend you had a friend who fell while using the toilet without a walker, wheelchair or calling for help and you wanted to advice her on what to do to prevent another fall/injury.”

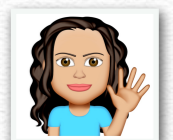
**Patient:** “Your daughter told me you went to the hospital because you fell in the bathroom on Saturday. Are you okay?”

**SLP (pretending to be another resident):** “Well, I got lucky, I only bruised my arm, but the doctor said, I could have broken my hip or gotten a traumatic head injury.”

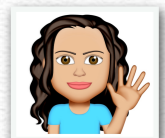
**Patient:** “Well, here are 3-5 things you could do next time to prevent falling in the bathroom.”

(Ask your patient to help you name those 5 things)

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.



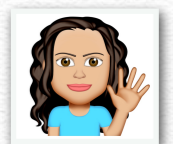
Choose the safest bathroom situations



# Bathroom/Toilet Safety

## Review

- ❖ What is the most important safety tip when using the bathroom?
  1. Get up as soon as you feel the urge to use the bathroom.
  2. Use your walker to use the bathroom because it is near your bed, although the doctor told you to use the wheelchair and not the walker.
  3. Use your call light if you have been instructed by your doctor/nurse/therapist to do that. Wait until help arrives. DO NOT GET UP without help!

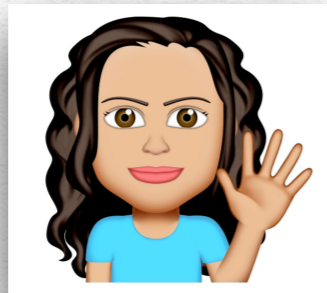




*Lessons 6-10 coming soon!!*

*Voila the most functional  
and engaging safety  
lessons your patients  
will truly enjoy and  
benefit from!*

*Contact me if you would like to  
consult on more therapy ideas for  
supporting your SNF/LTC/AL/IL  
patients. You can also find me at*



Speech and Language Therapy Cafe  
<https://www.teacherspayteachers.com/Store/Speech-And-Language-Therapy-Cafe>