

## Hospice Telephone Numbers

The main telephone number at the Hospice is:

**0141 952 1141**

However, there are direct lines to each of the wards, Day Rehabilitation and other departments within the Hospice. You may find the following telephone numbers useful:

St Joseph's Ward	0141 435 7011
Mary Aikenhead Centre	0141 435 7007
Day Rehabilitation	0141 435 7005
Fundraising	0141 435 7018
Human Resources	0141 435 7001
Education Centre	0141 435 7017
Community Palliative Care	0141 435 7008
	0141 435 7009
	0141 435 7048

You may also contact your relative directly at their bedside. Please ask the Ward Staff to provide you with the bedside telephone number.



ST MARGARET OF SCOTLAND HOSPICE

# *PREVENTION OF FALLS*

Information for  
Patients & Relatives

*This leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please be aware it is always subject to change. Therefore, please always check specific advice on any concerns you may have with your doctor.*

Being in a Hospice will be unfamiliar and may cause anxieties and short term worries which may increase your risk of falling. To ensure your safety, Hospice staff will undertake several assessments, one of which is your ability to cope with day to day activities while in the Hospice.

Nursing staff will work with you and your family/carer to ensure your risk of falling is minimised.

Please inform nursing staff of any slips, trips or falls you have experienced over the last year. This will enable Hospice staff to ensure you have support to prevent you from falling while in the Hospice.

In order to avoid cluttering your bed space, only bring in what you need. Ensure everything you need is within reach and always wear your glasses and hearing aid.

Take care when you are bending to reach for your things.

Please use your call bell and ask for help if you are unable to get out of the chair or out of bed.

Carry out the nurses' and physiotherapist instructions on moving around, getting in and out of bed and getting out of your chair.

Wear non-slip shoes and ensure shoes and slippers fit properly.

Ask the nurse to keep the night-lights on for assistance if you feel you are unable to get up in the dark to use the toilet.

Always tell a nurse if you are feeling unwell, especially at night when there are less people around.

Use your walking aids and keep them within reach. If you feel unsure about your ability to walk safely, ask for help.