

Light Your Night



STOPFALLS

The Haven Care Home in Colchester has seen **fall rates decline by 75%** since they introduced a scheme called 'Light your Night' earlier this year to help people who need to get up in the night for a toilet break.



The 'Light your Night' scheme attempts to tackle the falls issue head-on by illuminating light switches, footprints, walking frames, and toilets to help people navigate hallways, corridors, bathrooms and even their own bedrooms during the night to prevent falls.

The Haven Care Home identified that falls were happening because people became confused when they awoke at night, often forgetting to switch on the lights or press their alarm bells for assistance. Mr Moring, the home manager, then went through all of the night time reports and discovered that **50% of falls during the night were due to people trying to get to the toilet on their own in the dark.**

See 'Fix Up Your Frame' information to see how you can help the person you care for reduce falls by personalising their walking aids!



'The overall scheme has reduced falls by 75% since this time last year. It has really, really worked; other care homes in the region have now taken it on board.'

- Mr Moring

Why not try this in your care service? People can have more independence as they walk into the bathroom - their toilet can light up automatically search online for 'motion activated toilet night lights'!