



# RAY OF HOPE

Geriatric Psychiatric Acute Fall Prevention Program  
Carolyn Sherman, RN

Cottage Hospital

**We are a Geriatric Psychiatric Acute Unit**

**Small 10-bed unit in Cottage Hospital,  
a critical access hospital.**

# Our fall scale

## Assigned by Provider on Admission

- #1 (red) One to one - no more than an arms length away from the patient
- #2( yellow) In line of sight
- #3 (blue) Ad lib

# Our Restorative Aide Position

- This has been the most successful change we have made.
- This is a Monday thru Friday position.
- She does a variety of:
  - groups,
  - meditation,
  - snacks,
  - games,
  - activities,
  - movement groups and individual exercises in conjunction with PT/OT.

## **A typical day on the Ray of Hope**

9:30 Positivity Group

9:45 Ball Pass

10:00 Exercise Group

10:15 Meditation Group

10:30 Snack

11:00 individual exercise

12:30 Game time in dining room

1:00 Craft time

2:00 Bowling

2:30 Snack on patio if weather permits

3:00 Individual exercise

3:30 Meditation Group

4:00 Charting

# 2016-2021 Fall Statistics

