

Falls Prevention

Everyone's responsibility to be **proactive** and **prevent** a fall before it happens.

Support individual's to be as active as possible to improve strength and balance.

Assess, Act and Review to reduce the risk factors associated with falling.



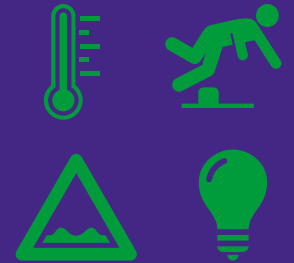
PHYSICAL RISKS

- Medication - taking more than 4, any recent changes, taken at the correct time?
- Able to mobilise safely & reach walking aid?
- Wearing correctly fitting footwear?
- Had a previous fall?
- Had a recent eye or hearing test?
- Dizzy on standing – check blood pressure.
- Are they hydrated and eating well?
- Potential infection or generally unwell?



ENVIRONMENTAL RISKS

- Lighting too bright or too low?
- Are they too hot or too cold?
- Floor slippery, uneven or with obstacles that could cause a trip?
- Is the toilet easy to reach?
- Able to get in and out of a bed or chair easily?
- Is a falls risk assessment needed?



BEHAVIOURAL RISKS

- More confused or disorientated than normal?
- Restless at night or drowsy from sedation?
- New resident, on respite or unfamiliar with surroundings?
- Are they comfortable and is clothing well fitting?