



# 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.



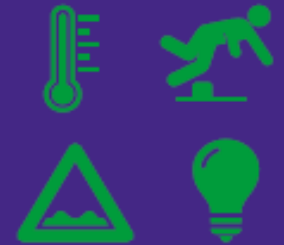
## PHYSICAL RISKS

- 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?

Refer to the Fall Prevention and Management in Care Homes guide for tools to assist you.