



## Falls Resources for Community Care

### Policy

**NSW Ministry of Health: *Prevention of Falls and Harm from Falls in Older People 2011-2015.***

This policy directive describes the actions that the NSW Ministry of Health in collaboration with the Clinical Excellence Commission (CEC) will undertake to support the prevention of falls and fall related harm among older people in 3 key domains; health promotion, NSW Health Clinical services and NSW Health Residential Aged Care Services. This policy can be accessed at [http://www1.health.nsw.gov.au/PDS/pages/doc.aspx?dn=PD2011\\_029](http://www1.health.nsw.gov.au/PDS/pages/doc.aspx?dn=PD2011_029)

### Evidence Based Guidelines

Australian Commission on Safety and Quality in Health Care (ACSQHC) 2009, ***Preventing Falls and harm from Falls in Older People: Best Practice Guidelines for Australian Community Care.*** These guidelines can be accessed at:

<http://www.safetyandquality.gov.au/our-work/falls-prevention/>

**Clinical Practice and Principles of Care for People with Dementia 2016** - New clinical practice guidelines and principles of care for people with dementia detail the optimal diagnosis and management in community, residential and hospital settings. The guidelines have been approved by the National Health and Medical Research Council.

<http://sydney.edu.au/medicine/cdpc/resources/dementia-guidelines.php>

### Community Resources

**Staying active and on your feet**- booklet produced by NSW Health for patients and carers, includes health and lifestyle checklist, strength & balance exercises to do at home, home safety checklist, and how to get up from a fall. This booklet has been translated into Arabic, Chinese (Simplified), Chinese (Traditional), Greek, Italian and Vietnamese (for download only). **Copies in English can be ordered on the Active & Healthy website at:**

<http://www.activeandhealthy.nsw.gov.au/your-active-and-healthy-guide>

**CEC Falls Prevention – one page flyers** – for patients, carers, and families and addressing the main falls risk factors, some are also available in some community languages (Arabic, Simplified Chinese, Traditional Chinese, Vietnamese, Greek, Italian, Russian, Serbian, Croatian, Macedonian and Portuguese). Copies can be downloaded at:

<http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention/information-for-patients>

**Home and Community Safety Falls Prevention online workshop** – this workshop is designed to train Occupational Therapists and other health care providers to conduct a comprehensive home visit to reduce the risk of falls for older community residing adults. Working together with the older person, the goal is to identify environmental hazards and behavioural risks, to raise awareness of risks and to jointly problem-solve solutions.

<http://www.fallspreventiononlineworkshops.com.au/>

### Exercise Resources

- **Active and Healthy website**- [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au) this website contains a database of exercise programs in NSW that include sufficient strength and balance components for falls prevention. The programs can be accessed by suburb/town and provide information on location, time and cost of classes and contact information and other relevant details.
- **Staying active and healthy to prevent falls – home based balance and strength exercises** -This video shows a physiotherapist demonstrating balance and strength exercises that can be completed at home. Improving balance and strength will reduce your risk of having a fall. Also included is some sample exercises from the LIFE (Lifestyle Function Exercise Program) Program highlighting an opportunity of how balance and strength exercises can fit into everyday life. If you would like a copy of the video please email [cec-falls@health.nsw.gov.au](mailto:cec-falls@health.nsw.gov.au) To view video go to <http://www.activeandhealthy.nsw.gov.au/>
- **Stepping On** – <http://www.steppingon.com/> this website provides information and resources on the Stepping On program.



- **LiFE (Lifestyle Functional Exercise) Program** – this evidence based program incorporates balance and strength training into everyday activities. For further information and to purchase a training manual and participants manual go to: <https://sup-estore.sydney.edu.au/jspcart/cart/Product.jsp?nID=923&nCategoryID=1>
- **PhysioTherapy eXercises-** is a tool to create exercise programs includes falls prevention exercises. <https://www.physiotherapyexercises.com>

### Falls Risk Tools

- **FROP-Com Falls Risk Screening Tool**  
This is part of the Community Care package being developed by the CEC to assist community care settings to meet the National Safety and Quality Health Service Standards (NSQHSS) Standard 10: Preventing Falls and Harm from Falls. Other elements of the package include a flow chart and a post fall guide. These can be accessed at: <http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention/other-settings>
- **QuickScreen® Falls Risk Assessment Tool**  
This tool has been validated for use in the community setting. This is a multifactorial risk assessment tool that measures a range of falls risk factors including, previous falls, medication use, vision, peripheral sensation, balance and co-ordination. QuickScreen costs \$A310 plus postage (within Australia \$A12 per kit) and is available from the Falls and Balance Research Group, Neuroscience Research Australia at: <https://www.neura.edu.au/research-clinic/fbrg/quickscreen/>

### Home Safety Check List

- **Staying active and on your feet-**this booklet includes a home safety checklist and health and lifestyle checklist, **Copies can be ordered from: Active & healthy website:** [http://www.activeandhealthy.nsw.gov.au/your\\_active\\_and\\_healthy\\_guide](http://www.activeandhealthy.nsw.gov.au/your_active_and_healthy_guide)

### Presentations on USB

- **NSW Falls Prevention Network Forum 2017-** the plenary presentations and exercise update session at this forum held in May 2017 were filmed and are available on USB. The USBs can be ordered by emailing [fallsnetwork@neura.edu.au](mailto:fallsnetwork@neura.edu.au)

### Websites

- **Active and Healthy-** [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)  
This website enables you to find Falls Prevention Exercise Programs in your local area, includes simple and essential home based exercises, health and lifestyle checklist and tips and home safety checklist.
- **NSW Falls Prevention Network -**<https://fallsnetwork.neura.edu.au>  
This website provides useful resources and information on falls prevention including policy, guidelines, reviews, newsletters, resources and meeting presentations.
- **Clinical Excellence Commission: NSW Falls Prevention Program**  
<http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention>  
This website contains a summary of the NSW Falls Prevention Program with information and resources to assist Local Health District staff to prevent falls and harm from falls in their setting. These resources include:
  - One page summaries: Community Best Practice guidelines and patient/client flyers
  - April Falls Day information and resources