



## Falls Resources for Residential 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 Residential Aged Care Facilities*.

These guidelines can be accessed at: <http://www.safetyandquality.gov.au/our-work/falls-prevention/>

**Clinical Practice Guidelines 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>

### Resident/Family/Carer information

**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. Copies can be ordered on the 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)

### Falls Risk Assessment Tools

Falls risk assessment can identify the underlying risk factors for falling. A validated tool should be used such as the Care Home Falls Screen (CaHFRIS). Further information at:

<http://fallsnetwork.neura.edu.au/wp-content/uploads/2014/02/CAHFRIS-screen-Final1.pdf>

### Principles of safe management of disturbed and/or aggressive behaviour and use of restraint

The policy focuses on dealing with disturbed and / or aggressive patients or other individuals who pose a risk of harm to themselves or others. The policy outlines the principles underpinning the prevention strategies and the management of disturbed and / or aggressive behaviour, and the use of manual / mechanical restraint (as an option of the last resort) for NSW public health facilities

[http://www0.health.nsw.gov.au/policies/pd/2015/PD2015\\_004.html](http://www0.health.nsw.gov.au/policies/pd/2015/PD2015_004.html)

### Advanced Planning for Quality Care at end of Life

This Action Plan seeks to normalise Advance Care Planning and improve end of life care by integrating patients' wishes into the management of chronic life-limiting illness. This can be accessed at:

<http://www.health.nsw.gov.au/patients/acp/Pages/acp-plan-2013-2018.aspx>

Information on Advance Care Planning for Health Professionals and Individuals, Families and Carers is also available at: <http://planningaheadtools.com.au/>



### Staff Education

**Basic Steps** - A physical activity and education resource for staff working with frail older adults in Residential Care who are at risk of falling. Available at:

<http://www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Resources.aspx#BasicSteps>

**Safe use of mobility aids videos** - The following videos have a physiotherapist demonstrating with a client the safe use of mobility aids. This includes how to adjust the aids to the correct patient height, safety check and safe mobilisation techniques.

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

### Presentations on DVD

**NSW Falls Prevention Network Forum 2016**- the presentations at this forum held in May 2016 were filmed and are available on DVD.

These CD/DVDs can be ordered by emailing [fallsnetwork@neura.edu.au](mailto:fallsnetwork@neura.edu.au), there is no charge.

### 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, and 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:
  - Link to ACSQHC Falls evidence-based guidelines
  - Falls prevention flyers for patients, carers and families
  - April Falls Day information and resources
- **Dementia Collaborative Research Centres**  
<http://www.dementia.unsw.edu.au/info-module/info-service.html>  
This site contains a number of reports, guides and assessment tools to assist service providers in the care of people with dementia.
- **Agency for Clinical Innovation- Aged Health Network**  
<http://www.aci.health.nsw.gov.au/networks/aged-health>  
This network aims to improve the health of older people in NSW by researching, developing and supporting the implementation of models of care for an ageing population.