Falls Prevention Resources

Esther Vance

www.NeuRA.edu.au
Falls Prevention Resources

NSW Falls Prevention Network
https://fallsnetwork.neura.edu.au

- Email list
- Events
- Resources
- News
- Links
I am finding more and more that in aged care facilities the fall rate is not reducing, even with good strategies in place. A lot of this appears to be due to the increasing number of residents with advancing stages of dementia who have no perception they can no longer walk safely. In an endeavour to reduce the number of falls, many facilities are finding their restraint numbers are increasing - even to find this is not reducing the number of falls.

Have any of the members who work in aged care any well documented strategies which work while maintaining a nil or minimal approach to restraint?
Sue Kelly

http://fallsnetwork.neura.edu.au
I run a High Care Unit with 63 residents. We have purchased three electric armchairs which are in a main lounge common area. The high risk residents are placed in those and monitored by staff during the day without restraints on. We take them for regular walks and have exercise classes for thirty minutes each morning. Hip protectors are also worn by all high risk residents. It is difficult though when a resident is cognitively impaired and has little insight into their limitations. We still do have falls but these have reduced significantly.

I manage a 95 bed ageing in place RACF. We utilise hip protectors, bed sensors, hi lo beds and crash mats with our frequent fallers. Identified residents who are high falls risk have care plans in place identifying strategies used. Although we still have falls injury associated with falling has reduced significantly. We currently have nobody on any form of physical restraint.

http://fallsnetwork.neura.edu.au
Events

Annual forums

Sydney 2014

Rural Forums

Batemans Bay

Coffs Harbour
Resources – Policies and Best Practice Guidelines
Resources – Information

Resources for Care Settings

Information for Health Professionals
- Acute Care
- Community Care
- Residential Aged Care
- Healthy Ageing
- Physical Activity

Resources Summaries for Care Settings
- Resources for Hospital Care
- Resources for Community Care
- Resources for Residential Care

Information for the Community
- Healthy Ageing

Falls Prevention Resources In Community Languages

The NSW Falls Prevention Program has produced a number of flyers to support the Staying active and on
Falls Resources for Care Settings

Falls Resources for Hospital Care

- Standard 10. Preventing Falls and Harm from Falls
- NSW Ministry of Health Preventative Program (2013): [Website]
- Falls Prevention Program Checklist (2014): [Website]
- Falls Prevention Program Checklist (2015): [Website]
- Falls Prevention Program Checklist (2016): [Website]
- Falls Prevention Program Checklist (2017): [Website]
- Falls Prevention Program Checklist (2018): [Website]
- Falls Prevention Program Checklist (2019): [Website]
- Falls Prevention Program Checklist (2020): [Website]
- Falls Prevention Program Checklist (2021): [Website]
- Falls Prevention Program Checklist (2022): [Website]

Falls Resources for Residential Care

- Standard 10. Preventing Falls and Harm from Falls
- NSW Ministry of Health Preventative Program (2013): [Website]
- Falls Prevention Program Checklist (2014): [Website]
- Falls Prevention Program Checklist (2015): [Website]
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- Falls Prevention Program Checklist (2020): [Website]
- Falls Prevention Program Checklist (2021): [Website]
- Falls Prevention Program Checklist (2022): [Website]

Falls Resources for Community Care

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- NSW Ministry of Health Preventative Program (2013): [Website]
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- Falls Prevention Program Checklist (2021): [Website]
- Falls Prevention Program Checklist (2022): [Website]

Resources for Hospital Care (Updated October 2014)

Resources for Residential Care (Updated October 2024)

Resources for Community Care (Updated October 2024)
Active and Healthy website

www.activeandhealthy.nsw.gov.au
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Staying active and on your feet

1. Crawl or drag yourself to a chair
2. Face the chair and get up on your knees
3. Bring one knee forward and put that foot on the floor, then use the chair to push up with your arms until you are upright enough to pivot your bottom around to sit
4. Rest for a while before standing up

NSW Health
LIVE LIFE WELL
Falls Prevention Videos

Staying active and healthy to prevent falls

http://www.activeandhealthy.nsw.gov.au
Falls Prevention Videos

Falls Prevention and Bone health

http://www.activeandhealthy.nsw.gov.au
NSW Falls Prevention Network

https://fallsnetwork.neura.edu.au