Falls prevention resources

Esther Vance

www.NeuRA.edu.au
Falls Prevention Resources

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

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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?

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 have nobody on any form of physical restraint.
Events

Annual forums

Sydney 2014

Wagga Wagga

Coffs Harbour

Rural Forums
Events

NSW FALLS PREVENTION NETWORK FORUM
Date: Friday 22nd May 2015
Time: 9:00 am - 4:00 pm
Venue: Wesley Conference Centre, 220 Pitt St, Sydney

Focus: Person-centred care

Plenary Speakers
Pam Albany Guest Lecture: Ms Lorraine Lovitt: 10 years on - NSW Falls Prevention Program
Professor Stephen Lord: Falls prevention research update
Professor Rebecca Ivers: The Icon Bank Project: Falls Prevention in Older Aboriginal People in NSW
Dr Anne-Marie Hill: Falls prevention patient education
Mr Nathan Hall: Engaging community dwelling older adults in ongoing exercises programs
Ms Lucy Thompson: Patients as active partners in their health care

Afternoon Concurrent Sessions
Showcasing best practice falls prevention initiatives from Acute/Subacute, Community and Residential Aged Care Settings

Cost: $70 per person (includes arrival tea/coffee, morning tea and light lunch).

For further details and registrations: https://fallsnetwork.nhere.edu.au and click on Register Now
Registrations close: 15th May or when fully booked.

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NSW Health
Falls Prevention is everyone’s business
Resources – Policies and Best Practice Guidelines
Resources – Falls Statistics

Falls Resources for Care Settings

http://fallsnetwork.neura.edu.au/resources/information-resources/
News – Falls Links newsletter

Active and Healthy website

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

2. Crawl or drag yourself to a chair
3. Face the chair and get up on your knees
4. 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
5. Rest for a while before standing up
Falls Prevention Videos

Staying active and healthy to prevent falls

http://www.activeandhealthy.nsw.gov.au
CEC Falls Prevention Program Website

CHOPS Website

NSW Falls Prevention Network

From the Blog

New South Wales Health Falls Snapshot
The NSW Ministry of Health has produced a snapshot on preventing falls and harm from falls that provides a summary of the current...

Cochrane review on exercise for reducing the fear of falling
This Cochrane review looked at 30 studies and concluded that exercise interventions in community-dwelling older people probably reduce...

April Falls Day®/Month 2015
April Falls Day®/Month 2015 - Theme: Confusion and Falls Don't let confusion cloud the risk of falls A suite of resources is available Read more on the blog

Helpful Resources

https://fallsnetwork.neura.edu.au