# Falls prevention in the residential aged care setting

## Risk Factors for Falls
- Prior fall and/or injury
- More than 4 medicines
- Psychoactive and sedating medicines
- Environmental hazards, including cluttered ward, slippery floors, poor lighting etc.
- Cognitive impairment
- Malnutrition & dehydration
- Incontinence
- Postural hypotension
- Fear of falling
- Dizziness
- Unsteadiness in standing, walking or turning
- Visual impairment
- Use of a walking aid
- Poor footwear and foot problems
- Restraint use (including bed-rails)

## Strategies to Minimise Falls Risk
- Ensure call bell/alarm is within resident’s reach
- Review medicines/consider non-pharmacological interventions
- Review causes of dizziness
- Ensure appropriate glasses are worn
- Encourage slow transitions from lying to sitting to standing for those with postural hypotension
- Ensure walking and transfers are carried as per physiotherapist’s instructions (aid type and supervision level)
- Encourage supervised walking instead of wheelchair for mobilising
- Ensure bed height is appropriate for each patient (leg joint at 90° angle)
- Ensure bed brakes locked
- Remove clutter and other environmental hazards
- Encourage use of low heeled shoes (avoid use of slippers)
- Avoid restraint use (consider alternatives)
- Ensure adequate intake of foods and fluids
- Where appropriate, consider referral to allied health or other specialist services

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*Falls prevention is everyone’s responsibility.*