

Falls facts for health managers

Preventing Falls and Harm From Falls in Older People:
Best Practice Guidelines for Australian Residential Aged Care Facilities 2009

Health managers have an important role to play in preventing falls and harm from falls in residents. You are well placed to drive organisational change focused on reducing the incidence of residents falling, and the harm experienced from falling. You are also well positioned to understand the cost of falls to your facility.

The Australian Commission on Safety and Quality in Health Care has produced national guidelines to inform clinical practice and assist facilities to develop and implement practices to prevent falls and injuries from falls.

What can you do to help?

- Put in place standard falls prevention strategies for all residents.
- Screen or assess all residents for specific falls risks.
- Address specific falls risk through a targeted and individualised falls prevention plan of care.

Recommendations from the guidelines

Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Residential Aged Care Facilities 2009 is an evidence based guideline that explains how all people who work in residential aged care facilities can reduce falls. The accompanying *Guidebook for Preventing Falls and Harm From Falls in Older People: Australian Residential Aged Care Facilities 2009* is a smaller version of the guidelines, and contains the core information on how to manage falls risk. The guidebook is designed for front-line health professionals providing care to residents. There is also an implementation guide designed to help residential aged care facilities apply the guidelines systematically.

What can you do to prevent residents from falling?

At the strategic or organisational level, health managers facilitate, resource and support the planning, implementation and evaluation of their falls prevention program.

At the point-of-care level, health managers facilitate and support:

- standard falls prevention strategies
- assessment of falls risk
- implementation of fall and injury prevention strategies
- post-fall management
- involvement of the resident and their carers in falls prevention.

All people who work for residential aged care facilities have a role to play in addressing all the risk factors for falling and preventing injury.

This fact sheet has been adapted from *Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Residential Aged Care Facilities 2009*, developed by the Australian Commission on Safety and Quality in Health Care.

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Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Residential Aged Care Facilities 2009

1. Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Residential Aged Care Facilities 2009.



The following resources have been developed to assist implementation of the Falls Guidelines:

2. Guidebook for Preventing Falls and Harm From Falls in Older People: Australian Residential Aged Care Facilities 2009.

A Short Version of Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Residential Aged Care Facilities 2009.



3. I Want to Stay Independent: Slips, Trips and Broken Hips Are Not For Me – Consumer Guide.



4. Fact sheets:

- Falls facts for support staff
- Falls facts for allied health professionals
- Falls facts for health managers
- Falls facts for nurses
- Falls facts for doctors.



All publications are available from the Australian Commission on Safety and Quality in Health Care website www.safetyandquality.gov.au

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