

# Reduce falls - encourage independence

Health changes and some medications can cause falls as people grow older, but many falls can be prevented. The chart below shows some of the common factors that can cause falls and actions that can be taken to reduce the risk.

<p><b><u>Fear of falling</u></b></p> <p>Admits to being frightened or worried about falling</p> <p><b>Reluctant to walk</b></p> <p>Reaching for support when transferring or walking</p> <p><b>Anxious when transferring or walking</b></p>	<p><b><u>Cognitive impairment</u></b></p> <p>Poor planning and judgement</p> <p><b>Poor memory and difficulty learning</b></p> <p>Poor ability to follow instructions</p> <p><b>Impulsive behaviour and agitation</b></p>	<p><b><u>Weak muscles or poor balance</u></b></p> <p>Difficulty standing up from chair</p> <p><b>Unsteady when transferring/walking</b></p> <p>Veering off course when walking</p> <p><b>Loss of balance</b></p> <p>Fear of falling</p>	<p><b><u>Postural hypotension</u></b></p> <p>Light-headedness or unsteadiness when moving from lying to sitting or sitting to standing</p> <p>Fainting attacks</p>	<p><b><u>Poor foot condition or footwear</u></b></p> <p>Limping</p> <p>Redness/dry skin on feet</p> <p>Poor toenail condition/ long toenails</p> <p>Inappropriate footwear</p>	<p><b><u>Medication</u></b></p> <p>Prescribed 4 or more regular medications</p> <p>Prescribed high risk medications</p> <p>Dizziness, drowsiness or low blood pressure</p>	<p><b><u>Poor vision or hearing</u></b></p> <p>Unable to identify small object 2m away</p> <p>Unwilling or unable to read or watch TV</p> <p>Bumping into obstacles</p> <p>Tendency to lean forwards when listening</p> <p>Turns TV/ radio up loud</p>	<p><b><u>Poor nutritional status</u></b></p> <p>Recent weight loss</p> <p>Low BMI</p> <p>Poor oral intake</p>	<p><b><u>Incontinence</u></b></p> <p>Frequent need for toilet</p> <p>Poor fluid intake</p> <p>Strong smell of urine</p> <p>Frequent night time toileting</p>
<p>Encourage to join exercise/activity groups</p> <p><b>Encourage safe daily activities</b></p> <p>Refer to physiotherapist</p>	<p>Monitor closely for signs of delirium</p> <p><b>Encourage orientation and maintain familiar routines</b></p> <p>Encourage engagement in activities</p> <p><b>Minimise triggers for agitation or impulsive behaviours</b></p> <p>Consider Telecare</p>	<p>Ensure walking aid is appropriate and left within reach</p> <p><b>Encourage participation in exercise/activity groups</b></p> <p>Refer to physio</p>	<p>Measure and record lying/standing bp</p> <p><b>Supervise and encourage slow changes in posture</b></p> <p>Encourage fluid intake of 1.5 - 2 litres per day</p> <p><b>Provide postural hypotension leaflet</b></p>	<p>Refer to podiatrist</p> <p><b>Discuss safer footwear with relatives</b></p> <p>Provide non-slip socks</p>	<p>Request medication review by pharmacist/GP</p> <p><b>Minimise falls risks due to drowsiness at night (use night-light, supervise toileting, reduce clutter)</b></p> <p>Measure and record lying/standing blood pressure</p>	<p>Encourage to wear prescribed glasses or hearing aid(s)</p> <p><b>Refer to optician or audiologist</b></p> <p>Ensure appropriate signage and reduce clutter</p> <p><b>Monitor for build up of ear wax</b></p>	<p>Monitor intake using food/fluid chart</p> <p><b>Refer to dietitian</b></p> <p>Check dentures and refer to dentist if required</p> <p><b>Consider hip protectors and bone protection medications</b></p>	<p>Request medication review</p> <p><b>Ensure suitable clothing for ease of toileting</b></p> <p>Look for signs of urine infection and test if suspect</p> <p><b>Care plan toileting programme</b></p> <p>Refer to district nurse or continence specialist</p>

If you have concerns about any of these falls risk factors; take action to reduce the chance of falling.