



# **FALLS PREVENTION AND MANAGEMENT POLICY**

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## Introduction

Falls are a major cause of disability and the leading cause of mortality due to injury in older people aged over 75 in the UK. A fall can precipitate admission to long term care, and fear of falling can provide a significant limitation on daily activities. Even those falls which do not cause physical harm can be upsetting and lead to loss of confidence.

Fear of falling means 225,000 people aged over 75 won't leave the house by themselves, according to older people's charity WRVS. Its research shows that 35% of older people have fallen in the last two years, with 32% of those living alone falling in the last year. Over one fifth of older people who had suffered a fall in the last five years have lost their confidence, with 10% saying they are now less independent. The report highlights the impact falls can have on the mental well-being of older people and how lack of confidence can lead to isolation and loneliness

Older people are more liable to slip, trip or fall and likely to suffer serious consequences after falling; the effects of a fall also affect staff and the individual's family. Therefore it is vital to do all we can to raise awareness and try and prevent falls occurring.

## Definition of a Fall

ProFaNE (Prevention of Falls Network Europe) ([www.profane.eu.org](http://www.profane.eu.org)) defines a fall as 'an unexpected event in which the participant comes to rest on the ground, floor or lower level'

## Purpose

- Heighten awareness and knowledge of falls risk
- Identify risk factors for individuals we support
- Develop approaches for the management and prevention of falls
- Encourage accurate recording and reporting of falls

## Risk Assessment

All service users will be assessed for the risk of falls during initial assessment, and at subsequent support plan/risk assessment reviews.

Service users who are deemed to be at risk of falls, will have a risk assessment in place aimed at reducing the risk of a fall for that individual.

## Environmental Factors

An environmental risk assessment will be completed at an individual's home before support commences. This will identify any particular risk areas that may cause a fall, and identify action to be taken.

## **Training**

All support staff will complete the following training annually:

- Basic first aid training
- Moving & Handling
- Health & Safety

## **Recording**

All falls will be recorded accurately, and any incident of a fall will be followed by an assessment of the risk, with the aim of reducing the likelihood of future falls.

**Paul Battershall**  
**General Manager**