

**CaHFRiS - CARE HOME FALLS SCREEN
(Residential Aged Care Facilities)**

Room Number:

Surname:

Date of Birth:

(Score – Please Circle)		(Tick if applicable)					
MMSE (refer to MMSE performed by healthcare professional e.g. ACAT assessment)		SCORE 16 or LESS <input type="checkbox"/>					
IMPULSIVITY 1. Does the resident tend to be impulsive when moving around? Impulsive means “rushing to carry out an activity without thinking about it first”?	Yes = 1 No = 0	SCORE 2 OR MORE <input type="checkbox"/>					
2. How often does the resident do the following? Try to sit down before getting right up to the chair / toilet / bed	Very frequently = 4, Frequently = 3, Often = 2, Occasionally = 1, Never = 0						
Attempt to stand before wheelchair brakes have been applied / footplates moved or walking frame placed in front of them	Very frequently = 4, Frequently = 3, Often = 2, Occasionally = 1, Never = 0						
Tries to walk without help when asked not to	Very frequently = 4, Frequently = 3, Often = 2, Occasionally = 1, Never = 0						
3. a. Wandering frequency in last week: b. Wandering alterability (Wandering is defined as moving with no rational purpose, seemingly oblivious to needs or safety)	Every day = 3, 4-6 days = 2, 1-3 days = 1, not at all = 0 Easily altered/not present = 0, not easily altered = 1						
STANDING BALANCE Please rate the resident’s standing balance using the scale	Unable to stand = 1, Requires assistance of 2 to remain standing = 2, Requires assistance of 1 to remain standing = 3, Requires use of walking aid to remain standing = 4, Stands without aid / assistance but unsteady = 5, Stands without aid / assistance steady = 6.	SCORE 5 OR LESS <input type="checkbox"/>					
WALKING FRAME	Does the resident require a walking frame to mobilise?	YES <input type="checkbox"/>					
FALL IN THE PREVIOUS YEAR	Has the resident had a fall in the last year?	YES <input type="checkbox"/>					
USE OF ANTIDEPRESSANT MEDICATION?	Commonly prescribed antidepressants = <i>Amitriptyline, Dosulepin, Doxepin, Citalopram, Fluoxetine, Paroxetine, Sertraline, Mirtazapine.</i> If not sure ask GP for confirmation of any anti depressant prescription	1 OR MORE <input type="checkbox"/>					
USE OF HYPNOTIC/ANXIOLYTIC MEDICATION	Commonly prescribed hypnotics/anxiolytics = benzodiazepines such as diazepam, nitrazepam, temazepam as well as Zaleplon, Zopiclone, Zolpidem. If not sure ask GP for confirmation of any hypnotic/anxiolytic prescription	1 OR MORE <input type="checkbox"/>					
TOTAL NUMBER OF RISK FACTORS (circle below)							
ABSOLUTE RISK OF FALLS IN NEXT 6 MONTHS	0	1	2	3	4	5	6+
	0%	10%	23%	45%	62%	82%	100%

Reference: Whitney et al (2012). Identification of high risk fallers among older people living in residential aged care facilities: A simple screen based on easily collectible measures, *Archives of Gerontology and Geriatrics*, 55: 690-695.