



# Falls Awareness Month April 2015

Ideas and Resource materials  
for Health Services



Government  
of South Australia

SA Health

## Contents

Introduction	3
Ideas for activities during April	4
Planning a successful event	5
Evaluation	6
Useful websites	7
Resources	8
Successfully engaging older people	11
Safe Feet and Footwear Checklist	12
Tips on reducing the hazards that cause falls at home	13
Roles of Health Professional	14
Crossword	17
Colour in poster	19
Find a word	22
Talent Release Forum (Consent) – Adult	23
Talent Release Form (Consent) – Patients	24

## Introduction

Falls Awareness Month is part of a national and international campaign which aims to educate and raise awareness of falls prevention, and help those at risk of falling to stay on their feet.

This campaign incorporates key messages from SA Health's falls prevention program that is aimed at reducing the frequency and severity of fall-related injuries among older people.

Participation in April Falls Awareness Month supports:

- Compliance with SA Health Fall and fall injury Prevention and Management Policy Directive
- Accreditation against National Safety and Quality Health Services Standards—Standard 10: Preventing falls and harm from falls.
- South Australia's Strategic Plan Target 2.4 Healthy South Australians
- Australian Safety and Quality goals – Goal 3 Partnering with consumers,
  - 3.01 Consumers are empowered to manage their own condition, as clinically appropriate and desired
  - 3.03 Healthcare organisations are health literate organisations

Each year, the month of April has been selected to raise awareness of the issue of falls and fall injury prevention for older people in the community, in residential care and in hospital.

### **About the guide**

This guide provides hospital and health services with key information and ideas to locally promote Falls Awareness Month in April.

### **What is a fall?**

A fall is an event, which results in a person coming to rest unintentionally on the ground or other lower level.

### **How many people have falls?**

Falls and fall-related injuries are serious health issues and are the leading cause of injury hospitalisation for older people.

Every day, in 2012:

- 26 older people in SA were admitted to a public hospital. Their stay in hospital averaged 7.9 days.
- more than 20 hospital in-patient falls were reported.
- About ten times more people are admitted to hospital for fall related injuries than road crash injuries.

SA has an ageing population, so action is needed.

## Ideas for activities during April

Events are generally low key, low cost and local.

Events can aim to;

- provide training / education about falls and fall injury prevention to staff
- provide an opportunity to engage with consumers and to seek their participation and feedback
- raise awareness of falls and fall injury prevention with patients/carers
- publicise and disseminate new and existing resource materials
- launch new programs, quality improvement programs etc.

## Colour

Falls prevention in SA has traditionally been associated with the colour green (originally from the green box that housed the first national guidelines).

## Suggested Slogans – positive health messages include:

- Stay active and safe - stay independent (consumers)
- Falls are everybody's business (staff and consumers)
- Take steps to prevent falls (staff and consumers)
- There is much you can do to stay independent and safe from falls (consumers)
- If you think your patient is at risk of falls, they probably are – use the fall risk assessment tool to plan their care (staff).

## Ideas for local events during April

- Involve your consumer groups and/or volunteers – ask them for ideas, explore ways that they can participate.
- Interested staff or trained volunteers can act as 'Falls Ambassadors', wearing badges or stickers "Falls can be prevented! Ask me how" or "Take steps to prevent falls. Ask me how". (Badges may be available from Local Health Networks through the Falls Committee – see contacts for each LHN)
- Staff or volunteers can set up a display (manned or unmanned) for staff and / or consumers in;
  - staff tea rooms; outpatient areas; foyers; clinics (diabetes, geriatric, falls, osteoporosis, fracture); local libraries
- Have an event for staff or patients with an educational focus, e.g. guest speaker, come and try Tai Chi, balance testing, spot the hazard competitions, case study, review of research papers.
- A community-based service provider could be invited to talk, or present display etc of their service to hospital staff eg local Day Therapy centre, local gym with Strength for life program, local fitness group, low vision clinic, independent living centre.
- Doing activities wearing an eye mask to simulate a common vision problem (see Vision Australian website). Look in the resources section of the on-line course "Falls Prevention" for education resources for staff. The National Aging Research Institute website also has ideas. (see list of websites)
- Select a day to audit equipment for falls risk, e.g. brakes on equipment , bed and chair heights, ferrules on walking aids, ordering systems for walking aids
- Launch new programs, quality improvement programs. Celebrate successful programs.
- Promote the roles of the Falls Prevention Leaders
- Run competitions for best display, greatest participation, creative ideas
- Provide crosswords, find a words and colouring in for children
- Refer to the Safety Superheroes website for more ideas for children
- Take the opportunity to review SLS data for the last year.

## Planning a successful event

- Decide on your target group (health professionals, consumers)
- Decide what your key message(s), topics will be
- Think about an effective way to publicise the day

### PLEASE REMEMBER to:

- Obtain approval from management and confirm there are resources available to support the event e.g. time, \$, display boards, space etc
- Seek appropriate consent from staff, consumers, carers and public who are participating, especially for photos. Consent form for photos is on page 21 and 22  
People need to be informed that their photo may be used to publicise other falls prevention events, put into reports etc, and to consent to this happening
- Obtain appropriate authorisation from your organisation and other relevant authorities for all aspects of activities, including making contact with media, using public spaces eg libraries and using private places such as shopping malls
- Consider risk and safety / liability of participants , particularly if you are assessing balance

**Supplies of resource materials may be available to support events through you LHN contact person**

### Contact people for each LHN are as follows:

- Country Health LHN: Meredith Stewart, ph 85638561 or email  
[Meredith.Stewart@health.sa.gov.au](mailto:Meredith.Stewart@health.sa.gov.au)
- Central Adelaide LHN: Shirley Rasiah, ph 1300 0 32557 or email  
[Shirley.Rasiah@health.sa.gov.au](mailto:Shirley.Rasiah@health.sa.gov.au)
- Northern Adelaide LHN: Gill Bartley, ph 1300 032 557 or 7321 4004 or email  
[Gillian.Bartley@health.sa.gov.au](mailto:Gillian.Bartley@health.sa.gov.au)
- Southern Adelaide LHN: Kylie Vogt, ph 7425 8457 email  
[Kylie.Vogt@health.sa.gov.au](mailto:Kylie.Vogt@health.sa.gov.au)

## After April - was our event a success?

Evaluate your event / activity, and provide feedback to your LHN Falls committee. They will like to hear about the event that occurred and how it went. Take photos (with consent), and provide a brief report e.g. numbers that attended, who they were.

All of this feedback / report can be used to demonstrate how you are taking action to prevent falls and harm from falls (National Safety and Quality Health Services Standards—Standard 10)

Think about ideas and improvements for next year.

It is important to measure the success of your event to:

- ensure you are reaching your target audience
- identify what impact it had on staff, patients residents and clients

You can evaluate your event through simple measures, such as:

- the number of resources distributed
- the number of people who attended your event or participated in an activity (see example attendance sheet)
- feedback received from consumers or staff
- a short survey.

### Possible survey questions – examples only

#### Staff

- Following this session/event/activity, my knowledge of falls prevention has improved. (yes, no, maybe)
- After this session/event/activity, I will be able to action relevant falls prevention strategies in my workplace.
- Reflecting on this session/event/activity, I intend to change my falls prevention practices.
- The session/event/activity was well organised.

#### Patient, resident and client

- Following this session/event/activity, my knowledge of falls prevention has improved.
- After this session/event/activity, I know how to take action relevant to healthy active ageing and/or falls prevention strategies in my life.
- Reflecting on this session/event/activity, I intend to make changes to be more active and/or prevent falls.
- The session/event/activity was well organised.

Send your summary and photos to Michele Sutherland at the Safety and Quality Unit: [Michele.Sutherland@health.sa.gov.au](mailto:Michele.Sutherland@health.sa.gov.au)

## Websites

### **SA Health – Safety and Quality**

<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/safety+and+quality/preventing+falls+and+harm+from+falls/>

### **Falls Prevention in SA**

<http://www.fallssa.com.au/>

### **Australian Commission for Safety and Quality in Health Care**

<http://www.safetyandquality.gov.au/>

### **COTA for older Australians – Strength for life programs**

<https://www.cotasa.org.au/Programs/life/Gyms.aspx>

### **Home Safety Checklist**

[http://www0.health.nsw.gov.au/pubs/2008/pdf/030295\\_stay\\_on\\_feet\\_5-26.pdf](http://www0.health.nsw.gov.au/pubs/2008/pdf/030295_stay_on_feet_5-26.pdf)

### **National Ageing Research Institute: Healthy Ageing Quiz**

[http://www.mednwh.unimelb.edu.au/nari\\_tips\\_for\\_healthy\\_ageing/nari\\_healthy-ageing-quiz.html](http://www.mednwh.unimelb.edu.au/nari_tips_for_healthy_ageing/nari_healthy-ageing-quiz.html)

### **Falls prevention training expo kit**

<http://www.mednwh.unimelb.edu.au/training-expo/index.html>

### **Preventing falls for older farmers**

<http://www.aghealth.org.au/index.php?id=5038>

### **Safety Superheroes website: for children**

<http://safetysuperheroes.com/>

### **Vision Australia Educational Materials and brochures:**

Educational materials include 'eye masks' that simulate the common eye conditions  
Can be ordered online:

<http://www.visionaustralia.org/business-and-professionals/healthcare-and-education-professionals/education-materials-and-brochures#eyemasks>

## Falls Prevention Resources for Health Providers

## 1. Fact sheets



Nine [SA Falls Prevention fact sheets for consumers](#) are available electronically through the [safety and quality website](#):  
<http://www.sahealth.sa.gov.au/safetyandquality>

- Fact Sheet 1: Eat Well and Stay Strong  
Fact Sheet 2: Eyesight and Walking  
Fact Sheet 3: Medicines and Balance  
Fact Sheet 4: Dizziness and Balance  
Fact Sheet 5: Keeping Safe and Independent in Hospital  
Fact Sheet 6: Comfy Feet Go a Long Way  
Fact Sheet 7: Standing up to Falls  
Fact Sheet 8: Making your Home your Haven  
Fact Sheet 9: Strong and Steady  
Fact Sheet 10: Mums can fall too (we hope to have this ready by April)

## 2. Ordering Consumer Fact Sheets:



Healthcare providers can arrange bulk printed copies of the consumer fact sheets. Use the interactive order form to get a quote for the specific fact sheet(s) and quantity(ies) required. Submit this information through your usual approval and purchasing processes.

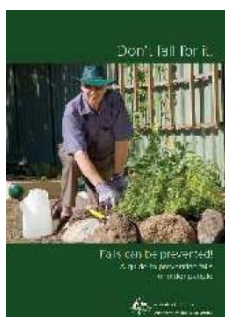
<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/safety+and+quality/preventing+fall+s+and+harm+from+falls/information+for+consumers>

### 3. “Don’t Fall for It. Falls can be prevented!”



This is a 2014 SA version of this booklet, including SA contacts.  
It is available in English. It is available for downloading. Bulk printing can  
be arranged through the order form on the following page of the Safety and  
quality website - <http://sahealth.sa.gov.au/safetyandquality>

<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/safety+and+quality/preventing+falls+and+harm+from+falls/information+for+consumers> .....



This booklet is now only available in Polish, Italian, German and Chinese.  
Order up to 200 copies from:

National Mailing and Marketing – [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au) Include in the email the full name of the booklet “Don’t Fall for It. Falls can be prevented” and specify the language(s) required and quantity.  
Phone: 02 6269 1000

Click here to [download a copy in English from](#) Australian Government Department of Health

#### 4. Policy Directive, Guideline and Toolkit:

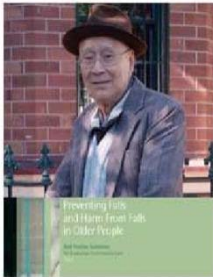
The [SA Health Fall and Fall Injury Prevention and Management Policy Directive, Guideline and toolkit](http://www.sahealth.sa.gov.au/safetvandquality) is available electronically through the SA Health safety and quality website: <http://www.sahealth.sa.gov.au/safetvandquality>



## 5. Accreditation Resource Guide

[SA Health Preventing Falls and Harm from Falls Accreditation Resource \(PDF 1475KB\)](#) has been developed to support Health Services and provides examples of South Australian tools and resources that can be used to demonstrate an action and standard has been met

## 6. National Falls Prevention Guidelines:



Preventing Falls and Harm from Falls in Older People:

- [Best practice Guidelines for Australian Hospitals](#)
  - [Best practice Guidelines for Australian Residential Aged Care Facilities](#)
  - [Best practice Guidelines for Australian Community Care](#)
- <http://www.safetyandquality.gov.au/our-work/falls-prevention/>

These are available for download. As with all Commission publications, the Commission encourages reproduction of the guidelines provided that ownership is acknowledged and it is not for profit.

## 7. Falls Prevention Service Directories:



These directories provide a comprehensive listing of falls prevention and related programs in the metropolitan LHNs. They are for health care professionals and consumers, and assist consumers/clients to access appropriate falls prevention services when they need them most. They are updated each year, and are available electronically through the LHN intranet pages and also the Falls prevention in SA website

[www.fallssa.com.au](http://www.fallssa.com.au)

For most recent version, of directory

Telephone: 1300 0 FALLS (1300 0 32557)

## 8. Falls Prevention in SA website:



[www.fallssa.com.au](http://www.fallssa.com.au)

This site provides a one-stop shop of falls prevention and management information for health professionals, GP's, over 50's and carers.

- Upcoming educational events are posted on this site
- The e-learning package for Health Professionals "Prevention of falls and harm from falls" can be viewed at this website.

## 9. Self screen

**Self-screen:** Currently available in English.

We hope to have it available in Greek, Italian, Polish, Serbian, Macedonian, Turkish, Spanish & Vietnamese by April.

<http://www.sahealth.sa.gov.au/wps/wcm/connect/534e40004e8ba76ea51daf3a30168144/Self-screen+tool+%28V2%29.pdf?MOD=AJPERES&CACHEID=534e40004e8ba76ea51daf3a30168144> .....

## 10. "Don't Fall for It. Falls can be prevented!"



This is a 2014 SA version of this booklet, including SA contacts.

It is available in English. It is available for downloading. Bulk printing can be arranged through the order form on the following page of the Safety and quality website - <http://sahealth.sa.gov.au/safetyandquality>

<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/safety+and+quality/preventing+falls+and+harm+from+falls/information+for+consumers> .....

## 11. Posters

Click on the image below to download the relevant poster



**We also hope to have the following posters available by April:**

**Prevent falls with safe shoes** will be available in English, Greek; Italian

**See clearly to prevent falls** will be available in English, Greek, Italian, Polish, and Vietnamese

**General poster: Don't fall for it. Falls can be prevented!** will be available in English, Chinese, Greek, Italian, Polish, and Vietnamese

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### For more information

**SA Health, Safety and Quality**  
Citi Centre Level 10  
PO Box 287 Rundle Mall ADELAIDE 5000  
Telephone: 08 8226 6334  
Fax: 08 8226 0725  
Email: [kris.spyrou@health.sa.gov.au](mailto:kris.spyrou@health.sa.gov.au)



## Successfully engaging older people

### Recommendations, based on research, for health professionals to communicate falls prevention messages to older people.

Qualitative research indicates that older people believe that falls prevention information and strategies are not relevant to themselves but to other older people, who they consider are older and at greater risk of falls.

It is proposed that suggesting that falls are personally relevant to older people can be a threat to their identity(1). This can result in older people rejecting information and advice.(2,3,4) Indeed, when asked about what they might do to reduce their risk of falls, many older people did not nominate any activity they would pursue(5).

This means that falls prevention messages delivered to older people are unlikely to succeed in engaging most older people to take up falls prevention activity. It is likely that many of the population that health professionals want to engage, particularly those who do not believe they are at risk of falls, will ignore risk reduction messages, such as 'reducing your risk of falling'.

Therefore, there is a need to engage older people in a way that older people do not reject. Messages could promote positive identities that are relevant to older people such as maintaining an independent lifestyle; staying healthy and physically active; and emphasizing the promotion of activities that enhance fitness, balance and mobility and:

- that these activities would be enjoyable;
- that they are the type of people who would do this; and
- that important others (doctor, family and friends) would think they should do this.(4,6)

Remember that falls are not value free words as they have strongly overriding negative connotations.(4) The "discharge" section of the patient journey in the on-line course "Falls Prevention", demonstrates the use of these principles.

### Recommended Reading

- Nyman, S.R. & Ballinger, C. (2008). A review to explore how Allied Health Professionals can improve uptake of and adherence to Falls Prevention Interventions. *British Journal of Occupational Therapy*, 71 (4), 141-145.
- Yardley, L., Beyer, N., Hauer, K., McKee, K., Ballinger, C., & Todd, C. (2007). Recommendations for promoting the engagement of older people in activities to prevent falls. *Quality & Safety in Health Care*, 16 (3), 230-234.
- Yardley, L., & Todd, C. (2005). 'Don't mention the F-Word'. London: Help the Aged [http://www.helptheaged.org.uk/.../dont\\_mention\\_the\\_f\\_word.pdf](http://www.helptheaged.org.uk/.../dont_mention_the_f_word.pdf)

### References:

1. Dollard, J., Barton, C., Turnbull, D., & Newbury, J. *Why older people are optimistically biased about their chance of falling*. Poster presented at the BPS Division of Health Psychology Annual Conference 2007, Nottingham, 12-14/9/2007
2. Cameron, I. D., & Quine, S. (1994). *External hip protectors: likely non-compliance among high risk elderly people living in the community*. *Archives of Gerontology and Geriatrics*, 19 (3), 273-281.
3. Health Education Board for Scotland. (2003). *The construction of the risks of falling in older people: lay and professional perspectives*. Retrieved October 31, 2007, from <http://www.healthscotland.com/documents/352.aspx>
4. Yardley, L., Donovan-Hall, M., Francis, K., & Todd, C. (2006). *Older people's views of advice about falls prevention: a qualitative study*. *Health Education Research*, 1-10.
5. Gill, T., Taylor, A. W., & Pengelly, A. (2005). *A population-based survey of factors relating to the prevalence of falls in older people*. *Gerontology*, 51(5), 340-345.
6. Yardley, L., Donovan-Hall, M., Francis, K., & Todd, C. (2007). *Attitudes and beliefs that predict older people's intention to undertake strength and balance training*. *Journal of Gerontology*, 62B (2), 119-125.

# Safe Feet and Footwear Checklist

## A tool for Health Professionals

### 1. Does the client have:

Foot problems? e.g. corns, bunions, poor nail health, frail skin, swelling, neuropathy, diabetes or poor circulation	<input type="checkbox"/> No .....
	<input type="checkbox"/> Yes .....
Inappropriate, poorly fitting or worn footwear?	<input type="checkbox"/> No .....
	<input type="checkbox"/> Yes .....

What footwear is worn at home most of the time?

☐ Shoes      ☐ Slippers  
☐ Barefoot      ☐ Other .....

### 2. Does the client's footwear appear to be: ('No' indicates falls risk present)

Item	Descriptor	Yes	No	N/A
<b>Heel</b>	Low (<2.5cm).			
	Wide			
	Enclosed heel with supporting collar(i.e. not sling back sandals or thongs)			
	Firm heel counter (inner reinforcement of heel cup)			
<b>Sole</b>	Cushioned, flexible, nonslip			
	Thin enough to allow sensory reading of ground/floor			
	Straight-through (i.e. not separate from heel)			
<b>Weight</b>	Lightweight			
<b>Toe box</b>	Wide, deep, high enough to allow spread of toes			
	1 cm space in front of longest toe when standing			
<b>Fastenings</b>	Buckles, laces or Velcro for secure hold			
<b>Uppers</b>	Material - moulds well to foot, breathes well			
	Smooth, seam - free interiors.			
<b>Protection</b>	Protect feet from injury (e.g. if object dropped on foot)			
<b>Shape</b>	Same as foot, no pressure or friction to foot			
<b>Purpose</b>	Appropriate to activity and mobility surface			
<b>Orthoses</b>	Comfortable, no pressure areas, fit easily in footwear (mark N/A if not required)			
<b>Socks</b>	Wide-mouthed (cuffs are not tight)			
	Safe seams (do not cause pressure)			

### 3. Would the client benefit from:

Referral to a Podiatrist?	No	Yes	Completed
Referral to an Orthopaedic Shoemaker?	No	Yes	Completed
Advice on safe footwear?	No	Yes	Provided

(Refer to SA Falls & Falls Injury Prevention 'Fact Sheet 6 – Comfy Feet Go a Long Way')

**This tool was adapted from various sources including:**

Australian Commission on Safety and Quality in Healthcare (2009).  
*Preventing Falls and Harm from Falls in Older People: Best Practice Guidelines for Australian Community Care*. Chapter 9, p63. Appendix 2, p135. Appendix 4, p143.

NSW Health Fact Sheet. *A Guide to Safe Footwear to Prevent Ulcer Development*. [www.nscchealth.nsw.gov.au/services/wound.care/09771Footwear.pdf](http://www.nscchealth.nsw.gov.au/services/wound.care/09771Footwear.pdf)

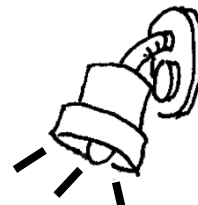
August 2011

## Tips on reducing the hazards that cause falls at home:

The home is the commonest place to fall. Hazards that contribute to falls in and around the home come under four main areas – poor lighting, slipping, tripping, and structural hazards.

### Lighting :

- Increase the amount of light
- Decrease glare e.g. put net curtains in windows
- Increase contrast e.g. put a light strip on edge of dark steps
- Have light switches easy to get to
- Use the light, even when getting up at night



### Slipping :

- Use non-slip flooring surfaces
- Remove rugs and mats on slippery surfaces (or put non-slip backing on them)
- Use a non slip mat or strips in the shower/bath
- Clean up spills immediately
- Keep paths free of moss and leaves
- Don't have highly polished walking surfaces



### Tripping :

- Keep walkways clear
- Tuck electric cords under furniture or around skirting
- Fit a draft excluder rather than use a 'sausage' type at the bottom of the door
- Remove small changes in level or mark them with contrasting colour so they are easy to see.
- Have bed spreads and curtains neatly tailored so that they don't spread over the floor
- Remove mats and rugs or have them well tacked down



### Structural hazards :

- Have bathroom and toilet doors re-hung to open outwards (if you fall, someone can get to you that way)
- Have soap holders recessed or located at shoulder height
- Install rails in the bathroom/toilet/front and back door
- Eliminate dangerous lips into the shower
- Have outdoor paths that are smooth





## Roles of Health Professional

This is available as a PowerPoint presentation – contact [kris.spyrou@health.sa.gov.au](mailto:kris.spyrou@health.sa.gov.au) or ph 8226 6334

### Every member of the health care team has a role to play in preventing falls



Falls among older people can result in:

- > Emergency department presentation
- > Hospital admission
- > Move to aged care facilities

For older people there can be;

- > a rapid decrease in independence and confidence
- > Long term reduced mobility or disability

SA Health

Current evidence supports the effectiveness of multi-factorial, multidisciplinary interventions to prevent falls and harm from falls.

(ACSQHC 2009)

***What skills and knowledge does each discipline bring to the prevention of falls and harm from falls?***

SA Health

### Doctors role in preventing falls and harm from falls



- > Management of health conditions and injuries, including bone health
- > Educate patient/consumer and their family about risk factors and prevention of falls and harm from falls.
- > Refer to allied health, and falls prevention services
- > Review medications
- > Assess and treat dizziness

*A fall can be the first sign that something is wrong, so a medical check-up is warranted.*

SA Health

### Nurses role in preventing falls and harm from falls



- > Identify falls risk factors so that actions can be taken to reduce them
- > Manage falls risk as part of their routine care
- > Educate patient/consumer and their family about preventing falls and harm from falls
- > Make the immediate environment safe
- > Provide equipment to maintain safety and reduce harm
- > Provide post fall management and care

SA Health

### Pharmacist role in preventing falls and harm from falls

- > Medication review and management.
- > Provide advice to patient, carer and prescriber.

Increased falls risk is associated with some medications, and also with 5 or more medications.



SA Health

### Physiotherapist role in preventing falls and harm from falls

- > Assessment of mobility and level of assistance required
- > Treatment of muscle weakness, gait and balance impairments
- > Provision of walking aids and other mobility aides
- > Exercise programs
- > Educate patient/consumer and their family about preventing falls and harm from falls



SA Health

### Occupational therapist role in preventing falls and harm from falls

- > Assessment of intrinsic and extrinsic risk factors and Activities of Daily Living (ADL)
- > Prescription of aids and equipment.
- > Educate patient/consumer and their family about preventing falls and harm from falls
- > Graded activity experiences to promote mastery & improve self efficacy
- > Assessment of, and modifications to, the home environment



SA Health

### Podiatrist role in preventing falls and harm from falls

Assessment and treatment of foot conditions, foot pain and gait

Education and advice about foot health, footwear



SA Health

### Optometrist role in preventing falls and harm from falls

Assess and correct vision to optimise visual function.



SA Health

### Dietitian role in preventing falls and harm from falls

- > Assessment and prescription of supplements and therapeutic diets
- > Provide advice and education



SA Health

A combined occupational therapy and physiotherapy home visit has level 1 evidence to support its effectiveness.

(ACSQHC 2009)

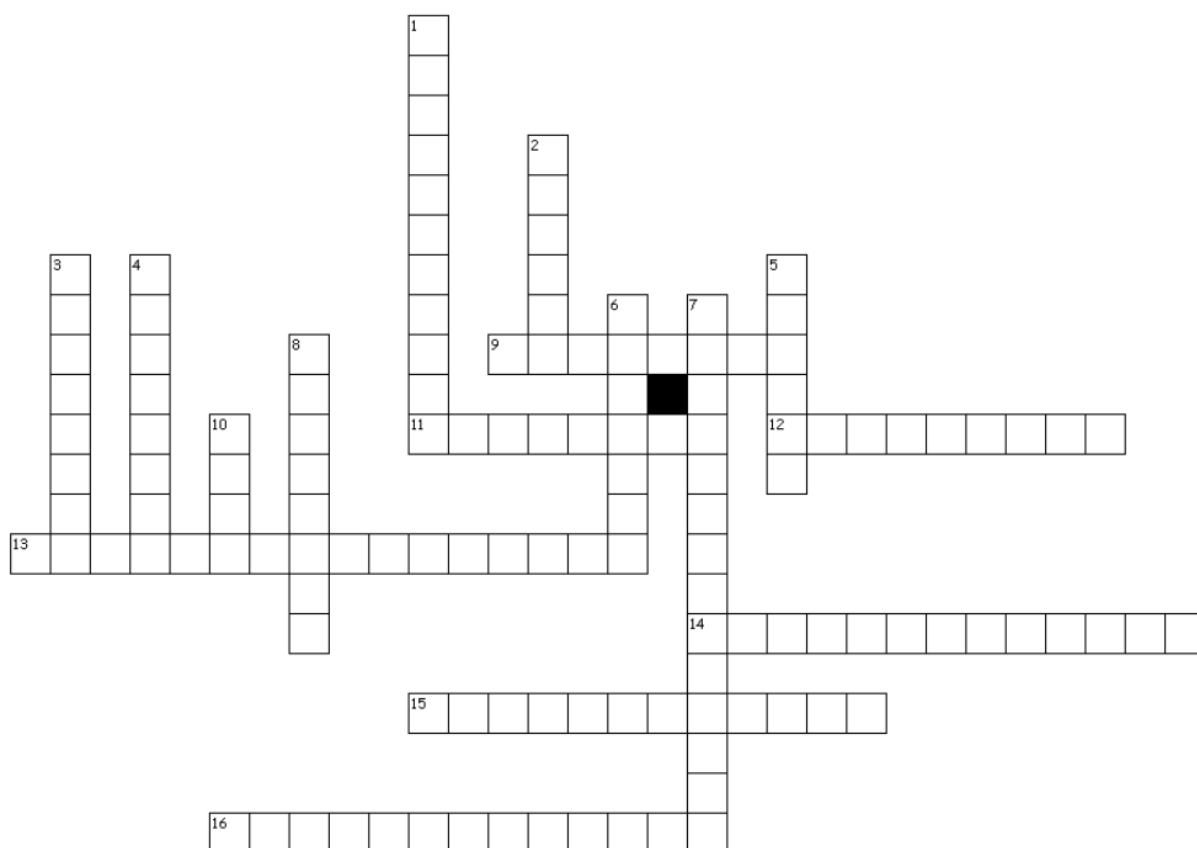
*(Level 1 evidence is the highest possible level of evidence)*

SA Health

*The Roles of Health Professional* is available as a PowerPoint presentation, please email [kris.spyrou@health.sa.gov.au](mailto:kris.spyrou@health.sa.gov.au) if you would like a copy.



# April Falls Awareness Crossword - Staff



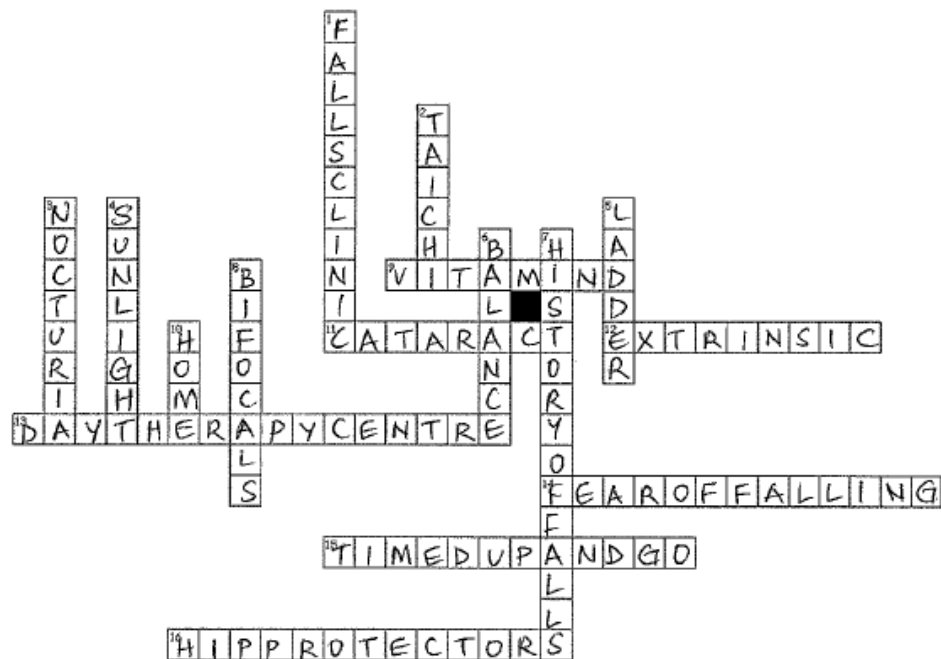
## Across

- 9. Low levels of this are associated with low bone mineral density (7,1)
- 11. Eye surgery shown to reduce falls and fractures in older people (9)
- 12. Environmental falls risk factors are known as these (9)
- 13. Service which offers multidisciplinary assessment and treatment (3,7,6)
- 14. Loss of confidence, more often seen in women (4,2,7)
- 15. Walking test over three metres (5,2,3,2)
- 16. Designed to absorb the impact of a fall (3,10)

## Down

- 1. Assessment and care planning service for complex high risk fallers (5,6)
- 2. Gentle group based exercise (3,3)
- 3. Night time toileting (8)
- 4. The main source of vitamin D (8)
- 5. Celebrity fell from here recently (6)
- 6. Exercises which challenge ..... are effective in reducing falls in older people (7)
- 7. Strongest predictor of falls, asked in falls screening tools (7,2,5)
- 8. Benjamin Franklin invented these in 1784 (8)
- 10. 50% of falls in the community happen here (4)

## ANSWERS – April Falls Awareness Crossword - Staff



### Across

9. Low levels of this are associated with low bone mineral density (7,1)
11. Eye surgery shown to reduce falls and fractures in older people (9)
12. Environmental falls risk factors are known as these (9)
13. Service which offers multidisciplinary assessment and treatment (3,7,6)
14. Loss of confidence, more often seen in women (4,2,7)
15. Walking test over three metres (5,2,3,2)
16. Designed to absorb the impact of a fall (3,10)

### Down

1. Assessment and care planning service for complex high risk fallers (5,6)
2. Gentle group based exercise (3,3)
3. Night time toileting (8)
4. The main source of vitamin D (8)
5. Celebrity fell from here recently (6)
6. Exercises which challenge ..... are effective in reducing falls in older people (7)
7. Strongest predictor of falls, asked in falls screening tools (7,2,5)
8. Benjamin Franklin invented these in 1784 (8)
10. 50% of falls in the community happen here (4)

## Falls Awareness Month

Name:.....

Age.....

Phone.....



[www.THECOLOR.com](http://www.THECOLOR.com)

Write a caption with a falls prevention message:

## Falls Awareness Month

Name:.....

Age.....

Phone.....



www.THECOLOR.com

Write a caption with a falls prevention message:

## Falls Awareness Month

Name:.....

Age.....

Phone.....



[www.THECQLO8.com](http://www.THECQLO8.com)

Write a caption with a falls prevention message:

## Find a Word



activity  
 blood pressure  
 continence  
 eyesight  
 footwear  
 gravel  
 hip protectors  
 lighting  
 occupational therapy  
 physiotherapy  
 slopes  
 strong bones

attitude  
 calcium  
 dizziness  
 flooring  
 glasses  
 hazards  
 hoses  
 medications  
 personal alarm  
 rails  
 spills  
 sunshine

balance  
 clothing  
 exercise  
 footpaths  
 grass  
 hearing aids  
 key safe  
 nutrition  
 pets  
 rugs  
 steps  
 vitamin d



# Talent Release Form - Adult

Purpose: \_\_\_\_\_

Health Entity: \_\_\_\_\_

(Minister for Health / Minister for Mental Health & Substance Abuse / Central Northern Adelaide Health Service Inc / Southern Adelaide Health Service Inc / Country Health SA Hospital Inc / Children, Youth & Women's Health Service Inc / SA Ambulance Service)

I: \_\_\_\_\_

(PLEASE PRINT FULL NAME)

of: \_\_\_\_\_

(ADDRESS - PLEASE PRINT)

## acknowledge and agree that:

1. I am over the age of 18 (eighteen);
2. I consent to the collection, storage, disclosure and use of my image, voice and/or identity by or on behalf of the Health Entity for the Purpose set out above or other Government purposes (including press, TV, print publications, websites and advertisements or any other means of communication whatsoever);
3. I consent to details of my medical condition being provided for the specified Purpose;
4. copyright in any recording made or image taken by or on behalf of the Health Entity of me or any performance of mine, in connection with the specified Purpose is owned by the Health Entity and I further agree that any use by the Health Entity of my performance or image is authorised for the purposes of the Copyright Act 1968 (Cth), Privacy Act 1988 (Cth) and any other applicable laws;
5. my participation in the specified Purpose may be edited at the sole discretion of the Health Entity;
6. the Health Entity is not obliged to include me in the specified Purpose;
7. I release the Crown in right of South Australia from any claim by me or anyone on my behalf for any cost, expense, loss or damage arising out of the collection storage, disclosure or use of my image, voice and/or identity for the specified Purpose or other Government purposes (including press, TV, print publications, websites and advertisements or any other means of communication whatsoever);
8. there will be no payment or other consideration paid for the use of my image, voice and/or identity; and
9. I may withdraw this consent by notifying the Executive Director, Communications Division, Department for Health and Ageing in writing.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



# Talent Release Form - Patients

Purpose: \_\_\_\_\_

Health Entity: \_\_\_\_\_

(Minister for Health / Minister for Mental Health & Substance Abuse / Central Northern Adelaide Health Service Inc / Southern Adelaide Health Service Inc / Country Health SA Hospital Inc / Children, Youth & Women's Health Service Inc / SA Ambulance Service)

on behalf of: \_\_\_\_\_

(PATIENT/CLIENT FULL NAME - PLEASE PRINT)

I: \_\_\_\_\_

(PLEASE PRINT FULL NAME)

of: \_\_\_\_\_

\_\_\_\_\_  
(ADDRESS - PLEASE PRINT)

## acknowledge and agree that:

1. I am the guardian/medical agent of the patient named above;
2. I consent to the collection, storage, disclosure and use of the patient's image, voice and/or identity by or on behalf of the Health Entity for the Purpose set out above or other Government purposes (including press, TV, print publications, websites and advertisements or any other means of communication whatsoever);
3. I consent to details of the patient's medical condition being provided for the specified Purpose;
4. copyright in any recording made or image taken by or on behalf of the Health Entity of the patient or any performance of the patient, in connection with the specified Purpose is owned by the Health Entity and I further agree that any use by the Health Entity of the patient's performance or image is authorised for the purposes of the Copyright Act 1968 (Cth), Privacy Act 1988 (Cth) and any other applicable laws;
5. the patient's participation in the specified Purpose may be edited at the sole discretion of the Health Entity;
6. the Health Entity is not obliged to include the patient in the specified Purpose;
7. I release the Crown in right of South Australia from any claim by me or anyone on my behalf for any cost, expense, loss or damage arising out of the collection storage, disclosure or use of the patient's image, voice and/or identity for the specified Purpose or other Government purposes (including press, TV, print publications, websites and advertisements or any other means of communication whatsoever);
8. there will be no payment or other consideration paid for the use of the patient's image, voice and/or identity; and
9. I may withdraw this consent by notifying the Executive Director, Communications Division, Department for Health and Ageing in writing.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_