Falls Resources for Residential Care

Policy

NSW Ministry of Health: Prevention of Falls and Harm from Falls in Older People 2011-2015.
This policy directive describes the actions that the NSW Ministry of Health in collaboration with Clinical Excellence Commission (CEC) will undertake to support the prevention of falls and fall related harm among older people in 3 key domains; health promotion, NSW Health Clinical services and NSW Health Residential Aged Care Services. This policy can be accessed at: http://www.health.nsw.gov.au/policies/pd/2011/PD2011_029.html

Evidence Based Guideline

Australian Commission on Safety and Quality in Health Care (ACSQHC) 2009, Preventing Falls and Harm from Falls in Older People: Best Practice Guidelines for Australian Residential Aged Care Facilities. These guidelines can be accessed at: http://www.safetyandquality.gov.au/our-work/falls-prevention/

Prevention of falls in Residential Aged Care

This is the report of a project sponsored by the New South Wales Health Promotion Demonstration Research Grants Scheme funded by the NSW Department of Health. The report identifies the barriers to implementation of evidence-based falls prevention strategies in residential aged care facilities. Can be accessed at: http://www.health.nsw.gov.au/pubs/2009/prevention_falls.html

Resident/Family/Carer information

Staying active and on your feet- booklet produced by NSW Health for patients and carers, includes health and lifestyle checklist, strength & balance exercises to do at home, home safety checklist, and how to get up from a fall. Copies can be ordered on the Active & healthy website: http://www.activeandhealthy.nsw.gov.au/your_active_and_healthy_guide

Falls Risk Assessment Tools

Falls risk assessment can identify the underlying risk factors for falling. A validated tool should be used such as the Care Home Falls Screen (CaHFRiS). Further information at: http://fallsnetwork.neura.edu.au/wp-content/uploads/2014/02/CAHFRIS-screen-Final1.pdf

Guidelines for working with people with challenging behaviour in residential aged care facilities- using appropriate interventions and minimising restraint

This document provides care options for older people with severe behavioural and psychological symptoms associated with dementia and/or mental illness and support residential aged care staff in providing quality care for their residents. Available at: http://www.health.nsw.gov.au/policies/gl/2006/pdf/GL2006_014.pdf

Delirium Care Pathways

Produced by the Health Care for Older Australians Standing Committee 2011, this booklet includes pathways for patients/clients, carers and practitioners across care settings. This document can be accessed at: http://www.health.gov.au/internet/main/publishing.nsf/Content/Delirium-Care-Pathways
Using Advanced Care Directives (NSW)
This guide aims to assist health professionals in discussing advance care planning with patients, and to clarify how to use an advance care directive as part of that process. This can be accessed at:

Staff Education
Basic Steps - A physical activity and education resource for staff working with frail older adults in Residential Care who are at risk of falling. Available at:
http://www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Resources.aspx#BasicSteps

Presentations on CD ROM
- Key Presentations on the ASQHC 2009 Falls Prevention Guidelines - this CD includes presentations from falls prevention experts and falls champions on implementing the ACSQHC best practice falls prevention guidelines
- NSW Falls Prevention Network Forum 2013 - the presentations at this forum held in May 2013 were filmed and are available on CD.
These CDs can be ordered by emailing Esther Vance, e.vance@neura.edu.au, there is no charge.

Websites
- Active and Healthy www.activeandhealthy.nsw.gov.au this website enables you to find Falls Prevention Exercise Programs in your local area, includes simple and essential home based exercises, health and lifestyle checklist and tips and home safety checklist.
- NSW Falls Prevention Network- https://fallsnetwork.neura.edu.au this website provides useful resources and information on falls prevention including policy, guidelines, reviews, newsletters, and resources and meeting presentations.
This website contains a summary of the NSW Falls Prevention Program with information and resources to assist Local Health District staff to prevent falls and harm from falls in their setting. These resources include:
  - Link to ACSQHC 2009 Falls evidence-based guidelines
  - Falls prevention flyers for patients, carers and families
  - April Falls Day information and resources
- Dementia Collaborative Research Centres
http://www.dementia.unsw.edu.au/info-module/info-service.html
This site contains a number or reports, guides and assessment tools to assist service providers in the care of people with dementia.
- Agency for Clinical Innovation- Aged Health Network
This network aims to improve the health of older people in NSW by researching, developing and supporting the implementation of models of care for an ageing population.