

Falls In The Home



Objectives

- Set you and your clients up for success
- Home assessment
- What to do if a fall occurs
- Interventions for prevention of further falls



Potential Causes of Falls

- Balance issues
- Impaired vision
- Medication side effects
- Confusion
- Physical disability
- Instrument usage



Home Assessment

- Exterior
- Kitchen
- Bathroom
- Bedroom



Home Assessment: Exterior

- Walkways
- Lighting
- Stairs
- Handrails
- Landscaping



Home Assessment: Kitchen

- Items within reach
- Lighting
- Rugs
- Step stools
- Ease of appliance use
- Pet food bowls



Home Assessment: Bathroom

- Bathtub height
- Frequently used items
- Bath rugs
- Lighting
- Toilet height
- Support devices



Home Assessment: Bedroom

- Lighting
- Items within reach in closet
- Flooring
- Telephone
- Bed height
- Clear pathway



Fall Occurs ... Now What?

- Assess client for Injury
- Ensure safety
- Staff huddle/meeting
- Determine immediate cause
- Type of fall
- Preventability

Why?

The Problem:

Why Does this occur?

1.

← Why is that?

2.

← Why is that?

3.

← Why is that?

4.

← Why is that?

5.

← Why is that?

Continue this process of questioning until you have uncovered the root cause of the problem. If there are no identifiable answers or solutions, address a different problem or reason.

Prevention Interventions

- Clutter removed
- Night light
- Assist to bathroom at a routine time
- Body pillow to identify bed boundaries
- Meaningful activity
- Exercise for strengthening
- Appropriate footwear
- All needs met
- Has a medical change been identified?
- Is the client experiencing pain?

What's next

- Review organizations' fall policy/protocol
- Report fall and intervention as directed by policy/protocol
- Find the "Why?" and initiate an appropriate intervention
- Discuss with caregivers/families' interventions and potential identified causes.



Questions?



Thank You

