

## 8 Top Tips for Health & Social Care Professionals

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### Deliver excellent **CARE** by:

- Identifying those at risk of falls
- Identifying risk factors associated with falling for that individual
- Taking action to reduce the risk of a person falling.

2

### Act with **COMPASSION** by:

- Understanding the impact a fall can have on the person and their family
- Understanding how fear of falling and anxiety can effect a person
- Offering support to enable the person to maintain their independence and safety.

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### Evidence your **COMPETENCE** by:

- Showing an understanding of the multiple and diverse factors that can cause falls
- Implementing actions to reduce falls that are known to work in practice
- Understanding the importance of good incident reporting and incident analysis in reducing falls.

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### Uphold excellent **COMMUNICATIONS** by:

- Talking with the person and their family about their risk of falling and how working together, risk can be reduced or managed
- Completing thorough risk assessments of falls risk
- Liaising with other health and social care professionals with regard to a person's falls risk.

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### Show your **COURAGE** by:

- Adopting a risk enablement approach
- Reporting incidents of falls and near misses
- Reporting incidents where activity restriction is used to reduce falls risk.



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## Demonstrate your **COMMITMENT** by:

- An open policy on falls prevention and management
- Encouraging all staff to attend Falls Awareness Training
- Encouraging all staff to implement evidence based falls prevention and management interventions.

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## Develop the **CULTURE** in your organisation by:

- Supporting the philosophy that "Falls are Everybody's Business"
- Agreeing that falls can be prevented
- All falls and near misses should be reported within a "no blame" culture.

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## Ensure **CONSISTENCY** for all people you care for by:

- Continuously assessing falls risk
- Promoting an active environment
- Promoting choice, dignity and independence.

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Bringing out the best in the health and social care workforce