

July 2017

Falls Prevention Policy

Live  Care

Date Written	13.07.2017
Author(s)	Registered manager
Version	2.0
Date Signed Off	19/07/2017
Reviewed by	

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Review Data

Initial Production

Name	Role/Department	RACI	Date
Registered manager	Registered Manager	RA	13.07.2017
Registered manager	Registered Manager	RA	04/12/2017

R = Responsible for document production; A = Accountable; C = Consulted; I = Informed

Change History

Version	Date	Details of Change	Author
2.0	13.07.2017	Re-write and re-structure of original policy in line with most recent legislative updates.	Registered manager

Emergency Contact Details

Name	Email	Mobile
Registered manager	fran@livein.care	

CQC Fundamental Standards

Regulation Number	Regulation Details
Regulation 12: Safe Care and Treatment	Ensuring that the premises used by the service provider are safe to use for their intended purpose and are used in a safe way.

Key Lines of Enquiry

KLOE	How this applies to Equality and Diversity
Safe	This policy falls under the category of safe as every precaution is taken to advise the Client about the hazards associated with slips, trips and falls so they can be effectively controlled, not only to protect at-risk Clients but also to protect people who live in or visit the person's home

Related Documents

This policy should be read in conjunction with our:

1. [Risk Assessment Policy](#)
2. [Incident Reporting Policy](#)

Policy Aims

- To show how Living Carers Ltd contributes to the assessment of the risks associated with falls and falls prevention of its Clients.
- To ensure all Clients receive safe and high-quality care with ongoing quality improvement.
- to guide staff in identifying adult patients at risk of falling or with a history of falls and to identify the interventions required to reduce the risk of a fall or fall related injury for each individual.

Living Carers Ltd recognises that many of its Clients will receive help with problems associated with falls from other community and health services, including falls prevention specialist teams. However, it also recognises that it can make an important contribution to any falls risk assessments and prevention programmes required by its Clients.

Risk Assessment

Each Client has a full risk assessment conducted at the time of the start of the service which includes their risk of falls. This is recorded in their Client plan (care/support plan) and must be read by all care workers to ensure that they are aware of the particular needs of each person.

The falls risk assessment includes:

- 1. any history of falls, no matter how minor**
- 2. any medical risk factors, e.g. osteoporosis or blood pressure problems**
- 3. a full assessment of the user's mobility or need for mobility aids/help with mobility (including getting in and out of bed, in and out of the bath, in and out of a chair, etc.)**
- 4. a review of footwear and ability to dress**
- 5. any psychological factors, such as fear of falling, that might have limited the resident's activities**

- 6. any rehabilitative factors, such as recovery from an existing falls injury or a related condition such as stroke, etc.**

All staff responsible for conducting a risk assessment and falls assessment are expected:

- 1. to be trained in this falls risk assessment and prevention policy and have their training regularly reviewed and updated**
- 2. to be aware of the importance of falls prevention and of reporting any changes to a person's condition that could increase their level of risk**
- 3. to be aware of slips, trips and falls hazards and to take action to minimise those risks in line with health and safety guidelines.**

Care Plan

Each person has an individualised plan of care, which takes into account significant risks of falling identified in the risk assessment and includes interventions designed to reduce or eliminate those risks. Examples include ensuring that Clients:

- 1. are encouraged not to get up from chairs too quickly**
- 2. have help getting out of the bath where necessary (bathroom slips, where water adds to the hazards faced by a frail person, are very common)**
- 3. with mobility problems have up-to-date mobility aids and know how to use them properly**
- 4. have adequate well-fitted footwear, including slippers**
- 5. who are at risk of falling are, where agreed, escorted by care workers, e.g. to go shopping.**

All Clients will have a regular review of their medication.

All Clients will have a regular health check/review.

Any Client identified as having sensory/healthcare problems will be advised to seek help from an appropriate specialist (e.g. an optician in the case of eyesight problems) or by referral to the person's GP in the case of, say, hearing or balance problems.

All falls risks are managed in collaboration with relevant local healthcare professionals (e.g. district nurses, community nurses, occupational therapists, etc.) and in line with local falls prevention strategies and procedures. Clients are also advised to seek help from their local Falls Prevention Team, which can advise on a suitable falls prevention programme.

Recording:

Any trips and fall by a Client or member of staff need to be recorded in the accident/incident book in line with this policy

Key Question: How are Clients protected against slips, trips and falls?

Every precaution is taken to advise the Client about the hazards associated with slips, trips and falls so they can be effectively controlled, not only to protect at-risk Clients but also to protect people who live in or visit the person's home. Living Carers Ltd accordingly routinely carries out a household hazard assessment to include:

1. trailing wires, cables and power leads (including temporary plugged-in devices like fires, vacuum cleaners and lights)
2. hazards in stairways and doorways
3. any hazards from slopes in the house or the garden, including pathways and driveways
4. carpets and rugs that are worn, damaged, rucked up, curled at the edge or loose
5. areas that are sometimes slippery due to spillages, such as bathrooms and kitchens
6. rooms that are cluttered with furniture
7. areas that are dimly lit
8. areas that become icy in winter, particularly slopes or steps.

Key Points to take-away

- Each Client has a full risk assessment conducted at the time of the start of the service which includes their risk of falls. This is recorded in their Client plan (care/support plan) and must be read by all care workers to ensure that they are aware of the particular needs of each person.
- Every precaution is taken to advise the Client about the hazards associated with slips, trips and falls so they can be effectively controlled, not only to protect at-risk Clients but also to protect people who live in or visit the person's home.
- All Clients will have a regular health check/review

Policy Review

This policy will be reviewed by the Registered Manager at least annually to make any updates and amendments necessary to ensure the policy conforms to current legislation, reflects current practice and expectations.

Authorisation and Signature

This Policy is the official and authorised version agreed by the Directors of Living Carers Ltd. All employees are expected to work in accordance with this policy and failure to comply with this policy could result in disciplinary action.

Registered Manager

04.12.2017

