

# 5 Preventing falls

## tips for the aged care workforce



### Be aware

Identify and discuss the risks of falls with older adults so they too can look out for trip hazards and take an active role in falls prevention.



### Assess regularly

Make sure that there are regular falls risks assessments carried out for everyone in your care.



### Consider the outside world

Understand the importance of the surrounding environment to prevent falls for older adults across all settings.



### Take action - remove that rug!

Take the time to identify trip hazards to reduce falls.



### Refer

Could an older adult benefit from falls prevention education and balance exercises? Make that referral to an allied health professional.

Visit the **ARIIA Knowledge and Implementation Hub** for more helpful tips on how you can improve the aged care sector.