Falls in older people: assessing risk and prevention

This infographic covers people who are:

that impact on a person's daily life, such as arthritis, dementia, diabetes or • Aged 65 or over, or Parkinson's disease; and living with a learning disability. • Aged 50 to 64 with **1 or more factors** that could increase their risk of falls **Hospital inpatient settings Residential settings Community settings** Fall in the last year? Identifying people at risk $\boxplus \boxplus \boxplus$ YES Person in a Person in an inpatient residential care care setting Living with frailty? setting Injured and needed medical treatment? **Gait and balance** NO Lost consciousness? assessment Unable to get up independently? 2 or more falls? YES NO Impaired gait and balance? Assessment Offer a comprehensive Offer a comprehensive Offer a comprehensive YES falls assessment falls assessment falls assessment Comprehensive falls Consider home hazard Offer a falls prevention management: exercise programme interventions Comprehensive falls Comprehensive falls management: ention management: Address risk factors from the comprehensive falls assessment Address risk factors from the Address risk factors from the Consider medication review Consider cognitive behavioural interventions if fear of falling not helped by exercise comprehensive falls assessment comprehensive falls assessment Interve Vitamin D supplements Medication review Medication review Offer home hazard interventions • Vitamin D supplements Vitamin D supplements surgical interventions Physical activity and exercise Physical activity and exercise • Consider falls prevention Health and wellbeing information, exercise programme and advice on physical activity In all settings: Maximise ongoing participation in falls prevention interventions • Provide information and education for people receiving falls assessments or interventions

Factors that could increase the risk of falls include long-term health conditions