

Best Foot Forward Falls Prevention Project Northern Metropolitan Area

The above falls project has taken a systems approach to Falls Prevention and developed Regional Flow diagrams, assessment forms and other resources, available to Health Professionals from 29 April 2005.

Brochures and posters containing falls prevention information will be available for distribution statewide. While a number of resources related to the falls prevention “system” will be available in the Playford and Salisbury council regions. These resources include:

- A **“Falls and Fracture Risk Identification and Management Flowchart”** has been developed to assist health professionals to identify and manage people into the most appropriate falls risk categories.
- People identified as being at lower risk of falls are provided with information on how to become and stay active, using the **“Become Active in the North”** booklet and the **“Active Pack”**.
- To assist in finding a suitable health professional for referral a **“Professional Services Directory for Falls Prevention”** has been developed for the Northern region.
- Two forms have been developed for use
 - ✓ Consumer Held **“Healthy Ageing Transfer of Information for Falls and Fracture Risk”**, designed for use when clients are transferred between sectors.
 - ✓ **“Healthy Ageing Assessment and Management for Falls and Fracture Risk”** to be used when a client has 2 or more falls or balance and gait difficulties or has osteoporosis.
 - ✓ These can be faxed on to the next known service provider and/or carried by the consumer in the **“Healthy Ageing Record”**.
- Those at higher risk of falls are supplied with a **“Falls Prevention Pack”** containing information on Call Direct, hip protectors, Home Medicines Review and Osteoporosis
- **Spotter cards** for falls risk, nutrition risk and medication risk have been developed to allow other health care workers such as Community Careworkers, to identify people at risk of falling and to fill in a postcard for the client which can be taken to the GP.

All forms can be accessed via the following websites:

www.health.sa.gov.au/healthy-ageing-nutrition
www.geriaction.com.au
www.hsfinder.sa.gov.au