Don’t be fooled by falls

Falls Risk Screening and Assessment in the Emergency Department

How many times have you fallen in the past 12 months?
How much assistance do you require to manage your daily activities?
Are you unsteady when walking?

By attending this simple Falls Risk Screen in the Emergency Department you will receive a personal risk management plan from our Allied Health Professionals.

If you are a high risk feller you will receive a comprehensive assessment by members of the ED Team, including the Physiotherapist, Occupational Therapist & the Pharmacist. This may even take place in your home.

This Falls Risk Assessment will result in a patient plan that includes referral to specialist providers. Your chosen GP will also receive a copy of this patient plan direct from the Emergency Department.

Falls injuries & the Emergency Department

Approximately half of all older people presenting to the Emergency Department with a fall are discharged home.

50 percent of fallers presenting to the Emergency Department will fall again within the next 12 months.

5 points to preventing falls in your home or in the community
1. Fall proof your home & garden.
2. More than four medications increases your risk.
3. Prevent falls with safe shoes.
4. Make the most of your eyesight.
5. Monitor your alcohol intake.

Falling is not part of getting older.

People often dismiss falls as ‘part of getting older’ or ‘just not concentrating’ but they are often a warning sign that something is not right.

The NT has the highest per capita falls hospitalisation rates in Australia.

Australia-wide, the home is the place where approximately half of all falls take place.

Falls are the most common cause of serious injury in older people.

1 in 3 people over 65 years in the community will fall each year.

www.healthynt.nt.gov.au