

## Tailoring Interventions to Fall Risk Factors

The following is a guide that can be used to develop a tailored management plan for your patient.

Date	Risk Assessment	Intervention/Management	Referral To/Follow-Up
	<b>0 fall in past year + no other fall risk factor</b>	Refer to how to fall-proof yourself in the Stay Independent brochure or Staying Active and On Your Feet booklet.	Community exercise with balance component. <a href="#">Example of exercises</a> in <i>Staying Active and On Your Feet</i> booklet (URL below). NSW exercise venues: <a href="http://www.activeandhealthy.nsw.gov.au">www.activeandhealthy.nsw.gov.au</a>
	<b>1 fall in past year, or worried about falling</b>	<ul style="list-style-type: none"> <li>Group exercise with balance component (e.g. Tai Chi), or</li> <li>Fall prevention program (e.g. Stepping On).</li> </ul>	Community exercise with balance component or a fall prevention program. <a href="#">Example of exercises</a> in <i>Staying Active and On Your Feet</i> booklet (URL below). NSW exercise and Stepping On venues: <a href="http://www.activeandhealthy.nsw.gov.au">www.activeandhealthy.nsw.gov.au</a>
	<b>Problems with balance/strength/gait</b>	Consider individual prescription for balance and lower limb strength exercise.	Physiotherapist or exercise physiologist for exercise prescription.
	<b>≥ 2 falls in past year, or Injurious falls, or 1 fall + unsteadiness, or 1 fall + recent hospitalisation</b>	<ul style="list-style-type: none"> <li>Refer for individual prescription for balance and lower limb strength exercise.</li> <li>Review home safety.</li> <li>If required, consider referral to geriatrician or Falls Clinic.</li> </ul>	Physiotherapist or exercise physiologist for exercise prescription. Occupational therapist for home safety assessment. Geriatrician or Falls Clinic, for complex care patients and those who continue to fall despite management.
	<b>Taking sedatives, antidepressants or antipsychotics, or ≥ 4 medications</b>	<ul style="list-style-type: none"> <li>Review indication, side effects and use of medication(s).</li> <li>Consider discussion with a pharmacist.</li> </ul>	HMR pharmacist for comprehensive medication review.
	<b>Severe vision impairment</b>	Review home safety.	Occupational therapist for home safety assessment.
	<b>Cataract(s)</b>	Assess for cataract(s) surgery.	Ophthalmologist.
	<b>Postural hypotension, dizziness, or light-headedness</b>	Investigate underlying cause(s).	GP action: medical and/or medication management.
	<b>Disabling foot pain</b>	<ul style="list-style-type: none"> <li>Assess foot pain.</li> <li>Consider foot and ankle exercises.</li> </ul>	FootHold Foot and Ankle exercises ( <a href="http://www.foothold.org.au">www.foothold.org.au</a> ) Podiatrist, physiotherapist, or exercise physiologist for exercise prescription.
	<b>Urge incontinence</b>	Investigate underlying cause(s).	GP action: medical and/or medication management.
	<b>Cognitive impairment</b>	Select falls prevention activity suited to patient's cognitive ability.	Inform referred provider(s) of patient's cognitive status.