

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