

Who are the Community 'Falls Team'?



All Health professionals should **ask any older adult they come across if they've had any previous falls**, even if they're seeing them for something totally unrelated.



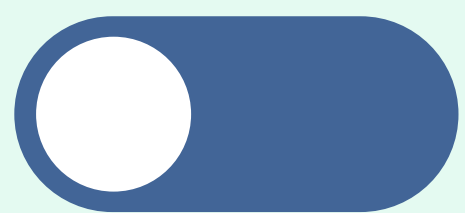
Knowing how teams undertake home assessments can help us select the **key information** to include in a referral



Falls teams aim to **proactively reduce a persons risk of falls** using a multicomponent assessments



Common home hazards we can advise people about include low tables, rugs and rearranging kitchen items to waist height to reduce reaching and stretching.



The **Falls Efficacy scale** can help us measure a patients self efficacy around falling, its easy to complete with minimal training required.



MDTea
Podcast

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