



accidents don't have to happen

Falls Prevention Initiative

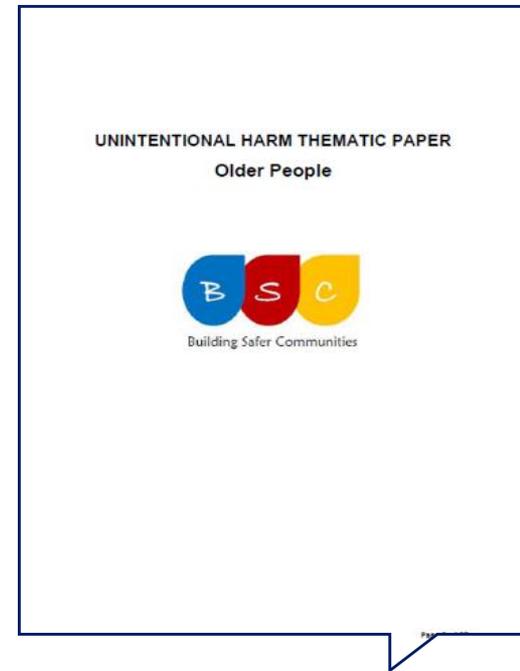
Carlene McAvoy & Ann Murray

The Royal Society for the Prevention of Accidents



Background

- The population is **increasing** and **ageing**
- **EUOSHA 2016/17** campaign 'Healthy Workplaces for all ages'
- **Scottish Government report** 'Older People and Employment in Scotland'
- **Building Safer Communities Phase 2**



Aims of the Initiative

- to assist organisations to understand the impact of falls from a personal and organisational perspective
- to explore the value of the workplace as a conduit for public health information relating to falls prevention



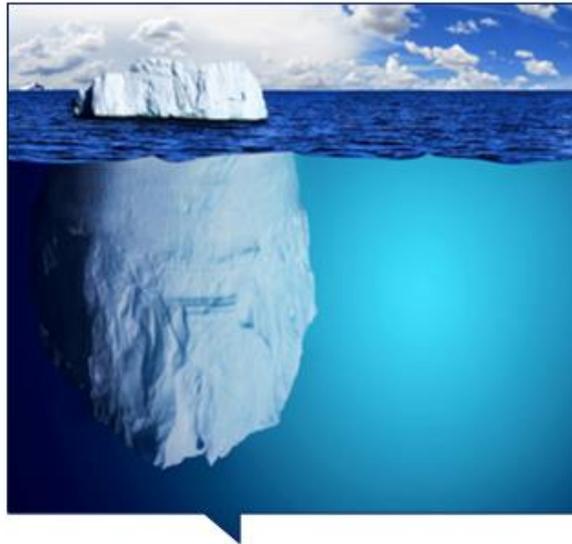
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Scale of the Problem

The Scale of the Problem

The Cost of accidents



£14.1 billion was the annual costs of work related injury and illness in 2014/15

The total cost of home accidents is estimated to be

£45.63 billion

ROSPA

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AD
ACTIVE & INDEPENDENT
LIVING IMPROVEMENT PROGRAMME

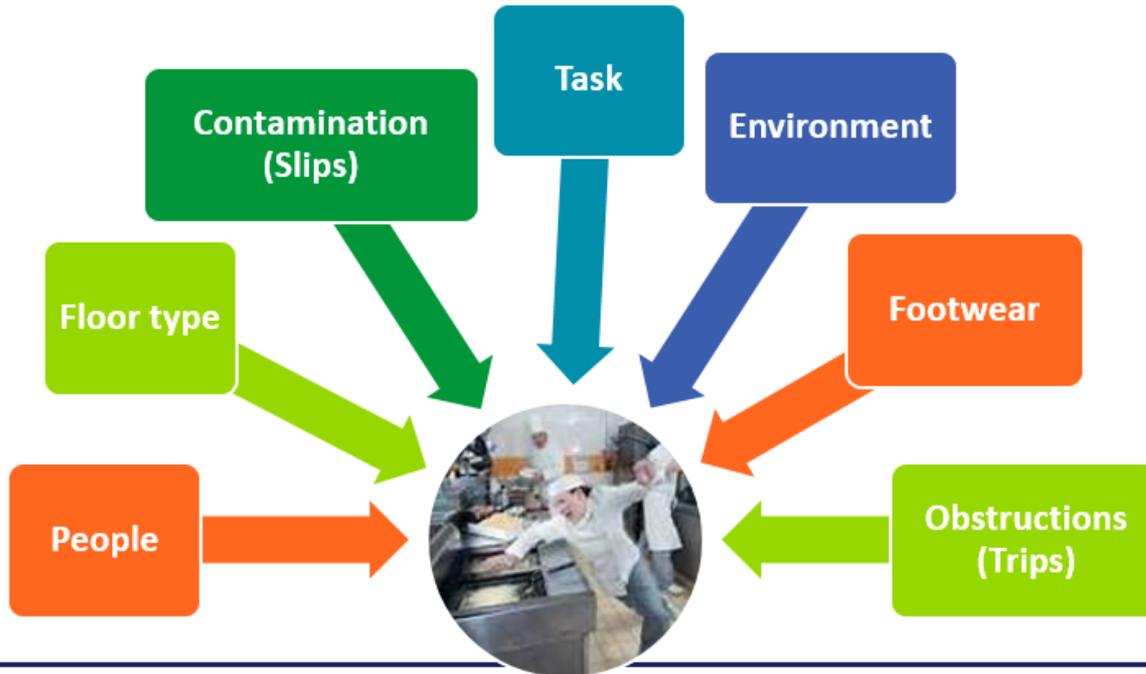
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Workplace

From the workplace ...
Slips, trips or falls in the workplace



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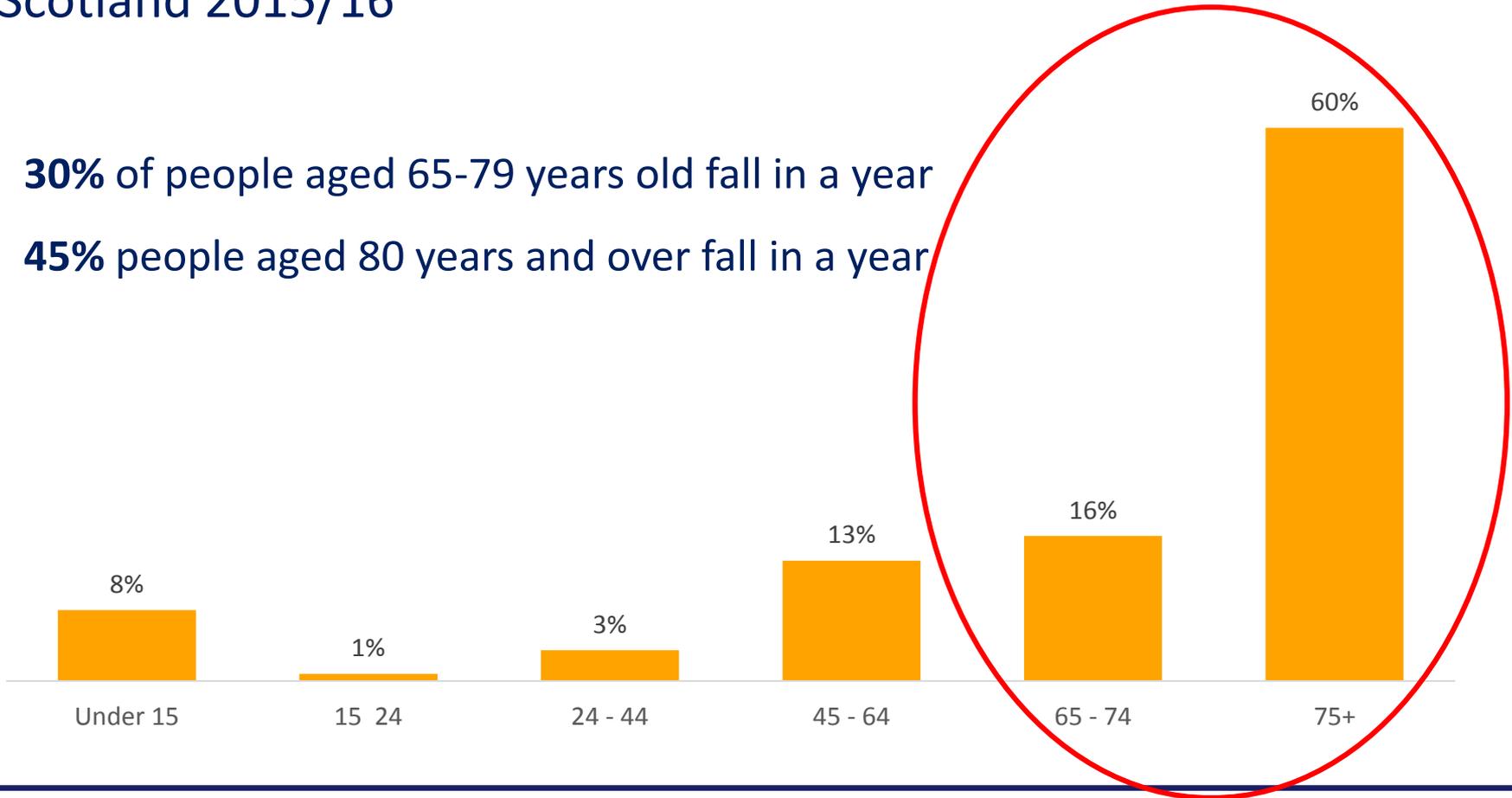


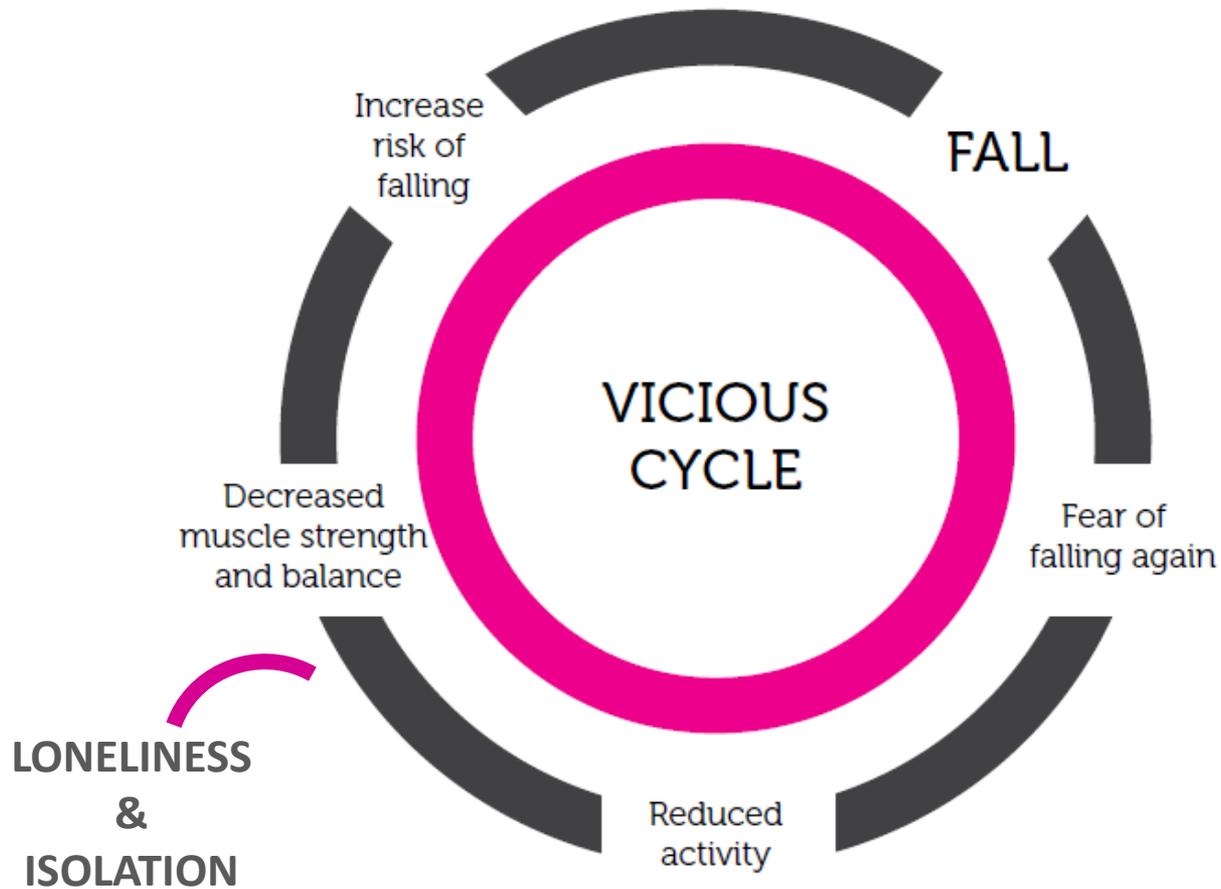
Why falls Matter

Emergency hospital admissions as a result of a fall by age, Scotland 2015/16

30% of people aged 65-79 years old fall in a year

45% people aged 80 years and over fall in a year

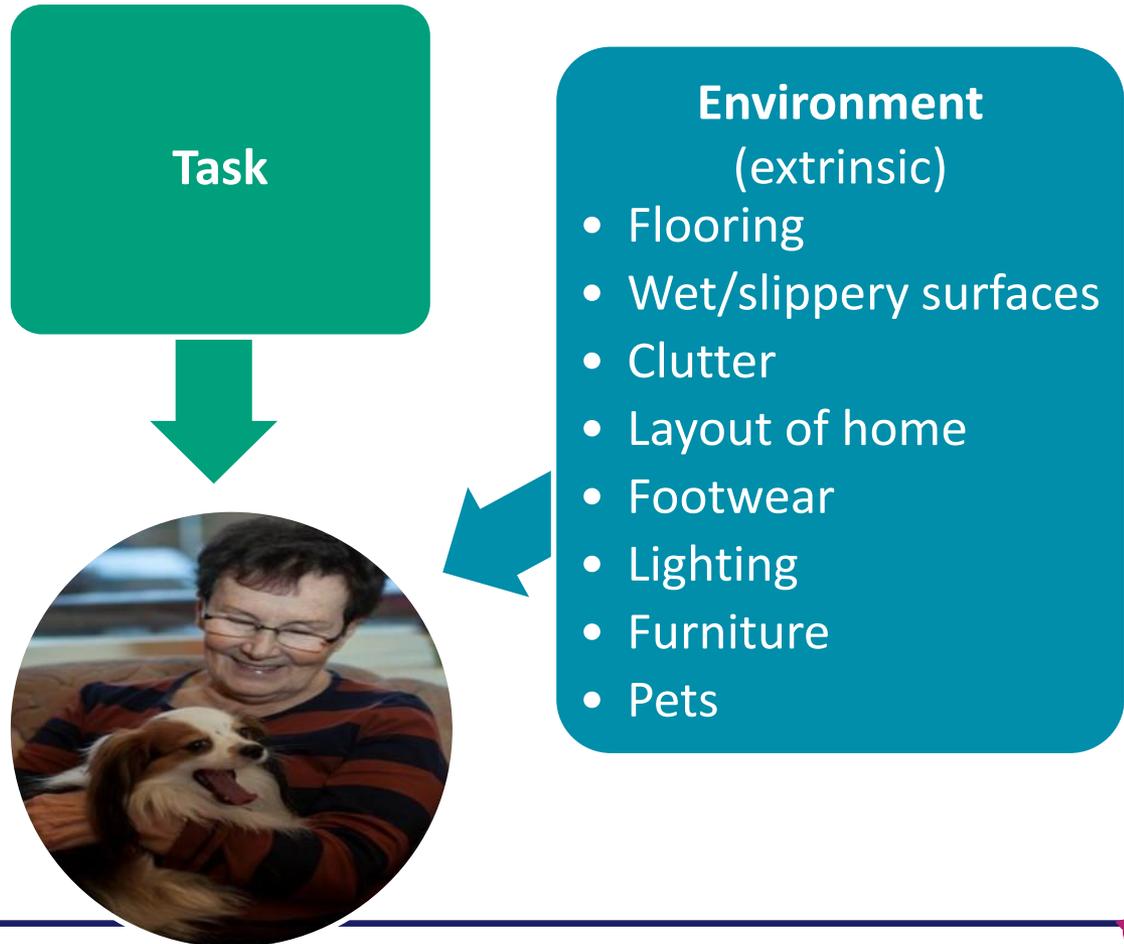




The Management of Falls and Fractures in Care Homes for Older People (Care Inspectorate/NHS Scotland, 2016)

The multifactorial nature of falls

Causes of falls in the home – older people



The multifactorial nature of falls

Causes of falls in the home – older people

Person (intrinsic)

- Reduced strength, balance and mobility
- Reduced vision & hearing
- Foot problems incl loss of feeling
- Dizziness, blackouts
- Drowsiness
- Confusion
- Memory problems
- Fear of falling
- Continence problems
- Poor nutrition & hydration
- Previous fall/s

Task

Environment (extrinsic)

- Flooring
- Wet/slippery surfaces
- Clutter
- Layout of home
- Footwear
- Lighting
- Furniture
- Pets



Falls can be prevented

**Regular
eye
checks**

**Safe
medicines**

**Foot care
&
Footwear**

**Eat
& drink
well**

**Safe and
enabling
home**

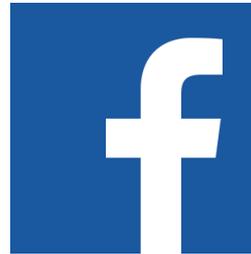
**Strength
& Balance
Exercise**

Vitamin D

Please get involved!

To request campaign materials,
please go to:

<https://www.ahp.scot/request-campaign-materials-falls/>



Please like and join [AILIP Falls Programme](#) and post a film or photo of your Balance Challenges

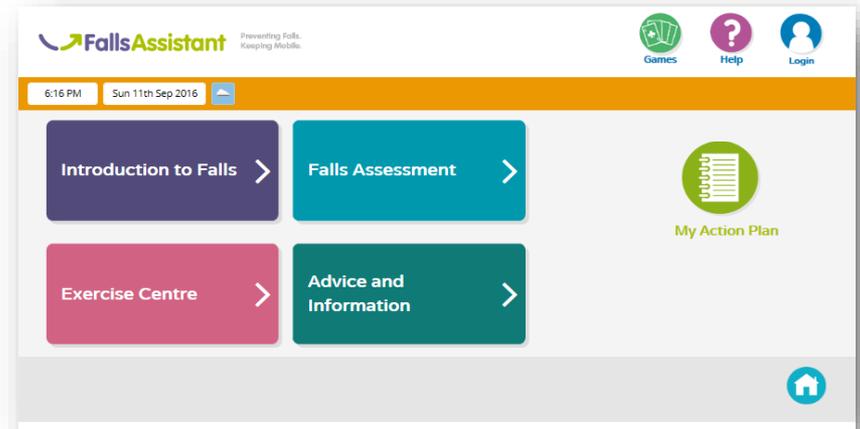


Please tweet a film or photo of your Balance Challenges using [#takethebalancechallenge](#)



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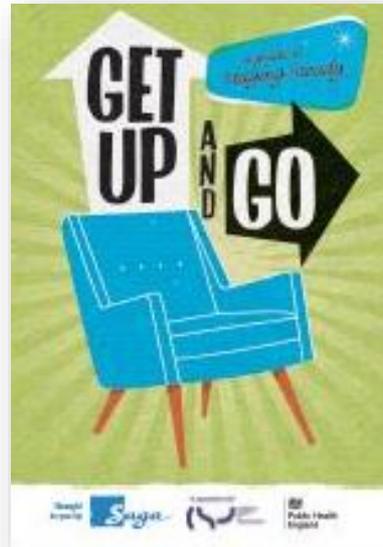
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<https://www.nhsinform.scot/about-falls>

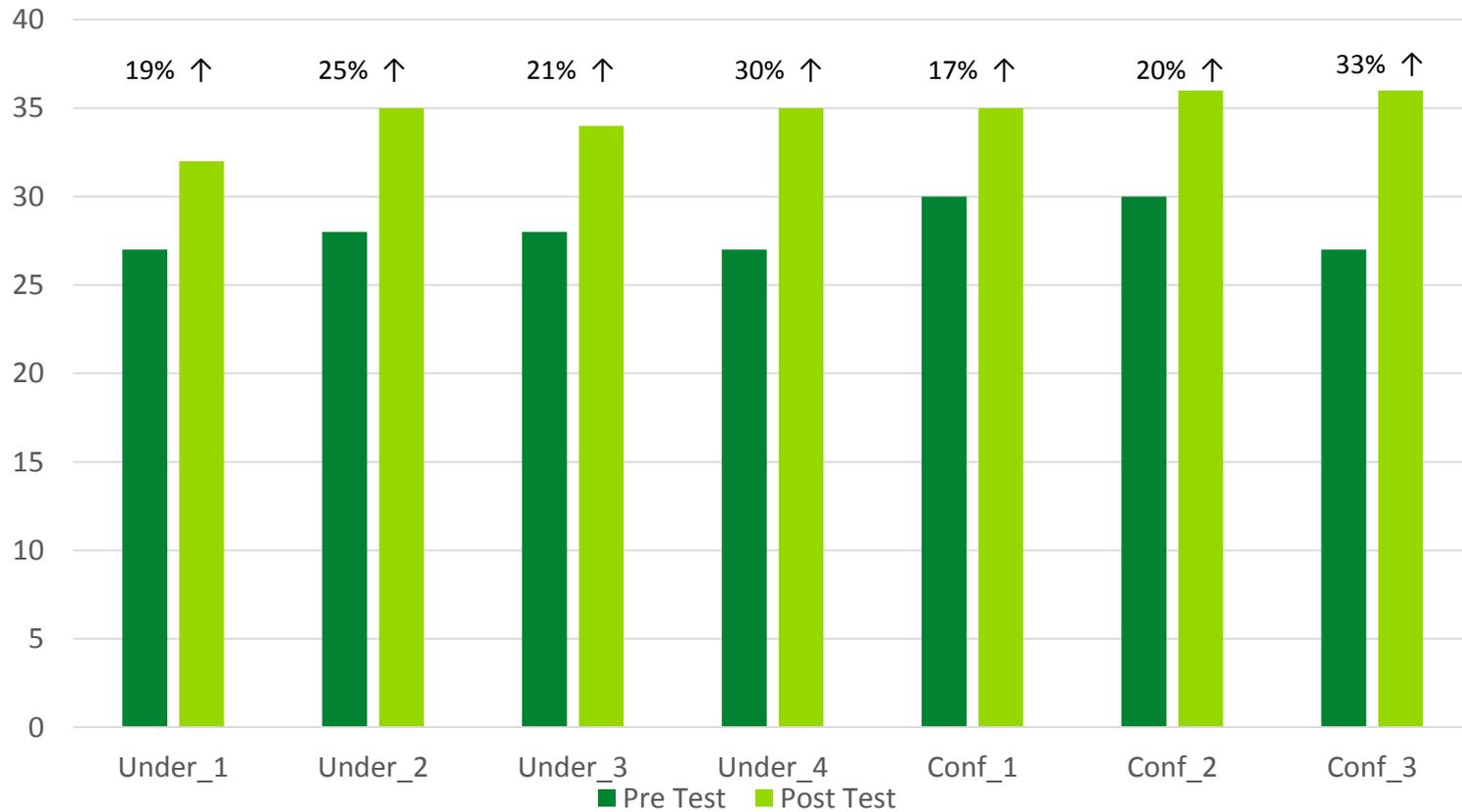
<https://fallsassistant.org.uk/>

*Issued through Age
Scotland Helpline
(0800 1244222)*



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Evaluation



Next Steps

- Further pilot
- Develop training pack
- Train Champions
- Develop a falls prevention network



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