

Falls in Care Homes: Everyone's Business



We Know that care home staff do a great job of caring for residents, and all staff have a hugely important role in the prevention and management of falls.

In Derbyshire, we are keen to improve our care of people who fall, and are at risk of falling, and we need your support to help us improve together.

Recognising that falls management is just as important as falls prevention and by working as a collaborative, multi-disciplinary team, we can get it right when a resident falls.

We know that falls can result in suffering, pain, disability, loss of independence and a decline in quality of life. We also know that falls continue to be a regular dilemma and occurrence for care home staff despite interventions and great efforts of staff.

A balanced response to all falls is key. It is important for care homes to focus on avoiding long term reduced quality of life and reduced mobility from serious injury.

This must be balanced with reducing unnecessary ambulance trips and A&E waits during what for most are their final precious years.

How are we supporting care homes with falls prevention and management?

We are recruiting a small, specialist team to support our Care Homes with falls care and management. The team will ensure that staff and residents are being appropriately supported by their GP practices and local multi-disciplinary teams.

The team will be called the **Falls Support Team**.

It is important that staff are well equipped to manage falls care in the home, but it is equally important that there are good working relationships between the home and the local health and care team.



The Falls Support Team will be a small team so we will start working with homes who have higher rates of falls, these are often homes with larger number of beds.

Having a higher number of falls doesn't mean that homes are doing anything wrong or not managing care properly, we know that managing falls is complex and can happen as a result of many different reasons.

We also know that falls risks increases as people become older, more frail and who have dementia.

How will the Falls Support Team assist care homes?

The Falls Support Team will help care homes by:

- Providing training on falls prevention, risk assessment, and evidence-based post-fall procedures.
- Supplying Mangar seated lifting equipment and training staff on its use for safe recovery of fallen residents.
- Facilitating better collaboration between care homes, GP practices, and local health teams for proactive and urgent care.
- Assisting in reviewing and updating falls policies within the care homes.

The team will provide training to staff on:

- Understanding falls risks and prevention.
- Proper use of lifting equipment.
- Conducting post-fall assessments.
- Collaborating effectively with GP practices and local multi-disciplinary teams for resident care.

What are the benefits?

- Increased confidence among care home staff in managing falls and using lifting equipment.
- Better access to timely support and advice for clinical decision-making.
- Reduced demand on emergency services for non-injurious falls.
- Decreased instances of residents experiencing prolonged periods on the floor after a fall.
- Recognition for care homes through a participation certificate, highlighting their engagement and efforts.



We hope that care homes will find this project helpful and that staff and residents benefit from it in terms of improved care and experience of care.

If you would like more information please contact **e.plummer@nhs.net**.

Background to the Ageing Well Programme

The Ageing Well Programme is a requirement of the NHS Long term plan and concerns how the population is looked after in the community (outside of Hospital). Team Up Derbyshire is responsible for delivering this programme of work.

The Ageing Well Programme forms part of the NHS Long Term Plan and in Derby and Derbyshire. Our Ageing Well Programme is called Team Up which also includes [Enhanced Health in Care Homes](#) which describes the support that care homes should have access to from their GP practices and other community health providers

The Enhanced Health in Care Homes support provided to care homes by GP practices and their local multi-disciplinary team of professionals moves towards delivering proactive and urgent care that is centred on the needs of individual residents, their families and care home staff.

Such care can only be achieved through all professionals working together and care homes being appropriately supported by their local team of community health and care professionals.

By working together we can ensure that residents are cared for in their homes, in line with their wishes and avoid unnecessary attendances at hospital which may cause distress and anxiety.

