

Fall Prevention Programs

In an effort to reduce injuries and death as a direct result from falls in Long Term Facilities, the facility must offer Fall Prevention Programs at least twice a calendar year for 1 week each and they must follow these minimum guidelines

- Living Quarters Inspection to insure all hazards that may increase the risk of falling are eliminated. Initial inspection and any action items must be documented.
- Inspection of all assistive devices being used by residents including condition, necessary adjustments based on physical changes of user and any other possible safety issues. This can be done in a group setting and should include reminders on the proper use of assistive devices. All inspections are to be documented and kept in resident's medical file.
- General Balance Classes to be offered for an entire week in place of the regular exercise classes. These classes should educate residents on the importance of balance, why people fall and how they can prevent themselves from falling and offer basic balance exercises to help improve balance.
- For those who don't attend the Fall Prevention Classes, written materials should be distributed and available for all residents, staff and family members upon request.

Balance/Fall Risk Assessments

- All residents must have a Balance/Fall Risk Assessment at least twice a year and are to be scheduled during the Fall Prevention Program Week.
- A new resident shall have a Balance/ Fall Risk Assessment as part of their move in assessment.
- Balance/Fall Risk Assessment are to be performed by a qualified Physical Therapist.
- If an Assessment reveals a risk of falling, based on the Physical Therapist's evaluation then the resident shall be referred accordingly for treatment.
- All documentation must be kept in resident's personal medical file.
- If at any time a resident refuses the assessment they must sign a waiver.
- If a resident requests a Balance//Fall Risk Assessment even though they have already had the suggested two during the calendar year, they will not be refused one.

Promotion

- **Promotion of fall prevention must be done throughout the year with printed materials and safety reminders displayed on bulletin boards and other types of media.**

Suggested Updates for Ohio's Guidelines for Long Term Care Facilities

Subject: Fall Prevention Programs

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