

No Falls November

Cognitive impairment increases falls risk Strategies for health professionals

Cognitive impairment can lead to:

- disorientation and wandering
- increased nighttime activity
- trouble following instructions
- poor perception of space
- forgetting safety instructions
- not recognising hazards.

Consider the reasons

- dementia
- delirium
- stroke
- head injury
- concussion
- neurological conditions
- organ failure
- medications
- depression
- pain
- intellectual disability.



Assess the risks

- create individualised prevention and management strategies
- share them with care team and family members
- review regularly.

Be clear

- introduce yourself
- maintain eye contact
- remain calm
- approach from the front
- keep your sentences short and simple
- provide one instruction at a time
- give time for responses
- don't offer too many choices.

Design supportive environments

- maintain day and night routines
- assist consumers to get dressed each day and sit out for meals
- mobilise consumers early and regularly
- regularly reassure and orientate consumers to the environment
- remove clutter
- maintain quiet
- minimise changes
- ensure adequate lighting.



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