



## Service User Falls Risk Screen Assessment

### How to use and score the Hertfordshire Falls Risk Screen Assessment for Older People

This tool is a multi-factorial assessment of falls for an older person. It is to be completed per individual who lives in care. It is crucial to assess individuals who live in care to reduce the risks associated with falls. Prior to completing this risk assessment it is recommended a FRAT is also completed.

#### How to use:

- Ask the individual each question and tick the box if the response is “yes”.
- Follow the advice given for each question.
- The greater the number of ‘yes’ answers, the higher the participants risk of falls.
- This questionnaire can be used for new admissions, updating a care plan or for anyone you believe may be at a risk of falling.
- It is advised to re-asses every 3-6 months or when a person’s circumstances change.

Download blank assessments from [www.hcpa.info/stopfalls](http://www.hcpa.info/stopfalls)

For queries or to request a support visit from our falls specialist on how to complete this assessment contact the team at [stopfalls@hcpa.info](mailto:stopfalls@hcpa.info)





Name \_\_\_\_\_ DOB: \_\_\_\_\_ Assessment Date: \_\_\_\_\_

	<b>Question</b>	<b>✓</b>	<b>If 'yes'-</b>
<b>1</b>	Have you fallen more than twice in the last 6 months?		Talk to your GP, practice nurse or other Health & Social Care Professional about fall and how it has affected you, as a healthier lifestyle reduces your risk of falls.
<b>2</b>	Are you taking more than 4 medicines? This includes over the counter ones.		Have your medicine reviewed every year by GP. Ask your pharmacist about a medicine use review. Some medicines affect your balance.
<b>3</b>	Do you have a condition such as Parkinson's disease, MS, Stroke, Dementia or a condition that has left you with poor movement?		Talk to your GP or healthcare team about changes in your condition such as a worsening of your balance, more difficulty moving or loss of strength. Physiotherapy or exercise may help you to deal with the way you move around.
<b>4</b>	Do you have concerns about your balance? Do you feel unsteady on your feet?		Talk to your GP, practice nurse or other Health & Social Care Professional about your balance. Physiotherapy, exercise or a medication review may help you improve this.
<b>5</b>	Have you broken any bones after the age of 50 & not had a recent bone health check?		Talk to your GP or practice nurse about a further assessment of bone health. You can learn more about bone health here .
<b>6</b>	Do you feel dizzy or light-headed at times? For example when you move from lying to sitting or when you stand up.		Talk to your GP, practice nurse or other Health & Social Care Professional as you may have a treatable medical condition.
<b>7</b>	Are you unable to get up from a dining room style chair, without using your arms?		Consider exercise to improve your strength and balance or contact Herts Help on 0300 123 4044 for advice on local exercise classes, including Postural Stability classes.
<b>8</b>	Do you use alcohol to help you sleep or control pain? Do you drink more than the recommended limit (14 units a week over 3 days or more)?		Alcohol can increase your risk of falls. Reducing your alcohol intake can help, you can find more information at your GP surgery on online. If you would like more support, speak to one of the Herts Help team on 0300 123 4044 who will be able to put in you touch with a local service that can support
<b>9</b>	Are you worried about slipping, tripping or falling? and as a result get about less than you would like ?		Talk to your GP or Health & Social Care Professional about your concerns. You can learn more about how to manage this in the Getup and Go leaflet, you can find this online or ask a Health & Social Care Professional for a paper copy.
<b>10</b>	Are you moderately active for 30 minutes a day, 5 times a week?		Exercise improves your health and wellbeing . Contact Herts Help on 0300 123 4044 for advice on local exercise classes, including Postural Stability classes.
<b>11</b>	Has your eyesight got worse in the last year? Have you had your eyes tested in the last 24 months?		Have your eyes tested by your optician? Multifocal glasses can contribute to difficulty walking on stairs. Clean your glasses daily.
<b>12</b>	Do you have any problems with your bladder or bowel? For example, do you need to get up in the night to go to the loo?		Discuss this with any Health and Social Care Professional you work with as they will be able to refer you to The Adult Bladder and Bowel Care Service. They may be able to help
<b>13</b>	Does your home have trip hazards, for example; loose mats or cluttered walkways or poorly lit stairs?		Help is available to check how safe your home is, contact Herts Help who can set up a home assessment by the Fire Brigade or an assessment for equipment (e.g. Grab rails ) or advice on clutter
<b>14</b>	Do you wear loose or poorly fitting shoes or slippers?		Buy the correct size shoes and slippers with a good fit around the heel.
<b>15</b>	Do you have difficulty taking care of your feet?		You may need to see a chiropodist/podiatrist for more specialized help with foot problems.
<b>16</b>	Do you know what to do if you had a fall?		You can learn more about how to manage a fall if you have one by reading the Getup and Go leaflet, you can find this online or ask a Health & Social Care Professional for a paper copy. Also consider contacting Herts Help who can advise you , for example getting a personal alarm