

A person living with dementia can be particularly prone to falls with a risk of sustaining a fracture. Changes that increase the risk of falls include but are not limited to:

- Reduced insight affecting judgment.
- Diminished sensory awareness such as sight, sound, and touch.
- Compromised ability to understand and express needs.
- The brain's inability to carry out day-to-day functions despite having the physical ability.
- Limited interpretation of their environment.
- Limited mobility and less ability to undertake usual tasks.

Previous Fall Considerations and Things to Consider at Present.

- Is there a potential for medication to play or have played a part?
- Could it have been related to another medical condition?
- Were there any other changes in the person?
- Were there any changes in the person's mobility?
- Prior to the fall was the person in pain, restless or tired?
- Is it possible the physical environment is a trigger for falls?

Reducing the risk of falls

Think about the areas you feel may be relevant for you.

Communication:

- Obtain the person's attention, gain eye contact and reduce distractions.
- Observe for non-verbal cues.
- Be mindful of your approach and remain calm in all situations.
- Use short, simple sentences, delivering them one step at a time.
- Allow time for the person to respond.

Considerations in the Environment

- Ensure adequate lighting, reduce glare, and limit shadows.
- Use night lights where appropriate or use lamps in dimly lit rooms.
- Close curtains and blinds at night and use additional lighting.
- Open curtains and blinds during the day.
- Ensure entrances and outside areas are well-lit, possibly install motion sensor lights.
- Define objects from the same colour or texture background for easy recognition.
- Increased confusion may occur with bold patterns, so solid colours may be a better choice.
- Avoid black surfaces, which may be misinterpreted as being a black hole.
- Remove scatter mats or secure mats with double-sided tape.

- Think about installing a hand-held shower.
- Organise an assessment for a bath chair, bath bench and/or grab rails.
- Install a raised toilet seat and contrasting coloured toilet seat.
- Think about the temperature of the water, and if necessary lower it.
- If there are steps, a non-slip tape on the edge of each step may be helpful.
- Paint walls a light colour and skirting boards a darker tone.
- Think about darker floors and lighter coloured furniture.
- Clean up any spills immediately.

Enhance Accessibility

- Keep important items in easy-to-reach places.
- Give some thought to whether a firm mattress would be beneficial.
- Think about the height of the bed in relation to the person.
- Keep glasses and keys in the same places.
- Label cupboards and doors with large print or photos.
- Where possible, relocate the bedroom close to the toilet.
- Ensure your emergency plan is prepared and accessible.
- Place emergency numbers by the phone.
- Consider purchasing a falls alert device.

Ensure Safe Footwear

- Check the fit of shoes regularly.
- Buy shoes with Velcro closures and good tread.
- Check soles for wear and tear.
- Avoid walking inside in socks.
- Avoid extra-thick soles.
- Ensure outdoor footwear is appropriate for the weather.

Reduce Noise Level

- Reduce busyness and overstimulation.
- Avoid sudden, loud noises.
- Be mindful of the volume of TV or radio