



### **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.







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#### 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.

For more information or enquiries, contact <u>healthpolicy@health.wa.gov.au</u>





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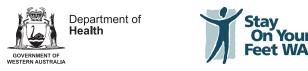
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