

The logo for ROSPA (The Royal Society for the Prevention of Accidents) features the letters 'ROSPA' in a bold, dark blue font. The letter 'O' is replaced by a colorful graphic of three overlapping circles in green, blue, and red, with a white speech bubble shape integrated into the design.

accidents don't have to happen



Fall Prevention for Social Housing Tenants

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Why a Falls Prevention Project?

- Social housing association with 6,300 properties
- Bungalows, flats, houses & 4 independent living schemes
- 25% tenants aged 60 and over

Aim: to reduce the number of falls experienced by raising awareness of risk and preventative measures

Project workstreams:

1. Educate staff and tenants on the risk of falls
2. Offer free home safety checks to tenants aged 60+
3. Evaluate and share findings

Social vulnerabilities & poor health outcomes

Independent, satisfying lives are foundations of community

Moral obligation
Healthier tenants & better relationships



Fall Fighter Training

RoSPA Fall Fighter resources were adapted for audience needs:

- Training for frontline staff
- Awareness sessions for independent living scheme tenants
- Community groups e.g. The Rotary Club, Carers Café

Delivered exclusively in person to encourage conversations and tackle stigma

- ✓ personal and professional applications for our staff
- ✓ sharing solutions
- ✓ introduces home safety checks

181
attendees



Fall Prevention Home Checks

- Available to all tenants age 60+
- Guided conversation with tenant
- Captures project specific data
- Completed sheets left with tenant
- Signposting and benefits beyond fall prevention



Preventing falls at home: Room by room checklist

At the front and back door

- Paths, steps and patios are even and well maintained
- Handrail is in place next to steps
- Walking route is well drained and free of pots, fallen leaves etc.
- Door mat is secure and won't slip

On the stairs and landing

- Carpet in good condition and is not heavily patterned
- Free of clutter like shoes or papers
- Handrails on both sides of the stairs
- Handrails fitted securely along the full length of the stairs
- No loose, broken or wobbly steps
- Good lighting can be switched on from top or bottom of the stairs

In the kitchen

- Flooring is slip-resistant and in good condition
- Everyday use items are easily reached around worktop
- A sturdy step stool is available for reaching high
- Wet patches are cleaned up and investigated to find cause

In the hallway

- Carpets are in good condition
- Rugs are secured
- Walking route is clear of furniture
- Cables are secured to the edge of the floor
- Floor is clear of mats

In the bathroom

- Non-slip mats are in place for the bath or shower
- Grab rails are securely fitted beside the bath, toilet and shower
- A bathmat is used to minimise wet floors after a bath or shower

Footwear

- Wearing ill-fitting or worn-out slippers could cause you to trip and fall. Swap slippers for shoes for added support

Comments:

Bungalow / Flat / House

Level access / steps

Number of bedrooms:

Preventing falls at home: Health checklist

Sit less, move more

Exercise is great for our physical and mental health! Practising regular leg strength and balance exercises can help you stay independent for longer

- I'm exercising on a daily basis
- I have found out about exercises that help prevent falls

Think medicine

Taking 4 or more medications increases the risk of falls so have your medication reviewed regularly. Some medicines can make you feel dizzy or sleepy

Never stop taking medications without first checking with your doctor

Date of my last medication review

Healthy eating

Including fruit, vegetables and protein in your meals will keep you healthy. High calcium foods and vitamin D can help to keep bones strong

Eyesight

Being able to see clearly can reduce the chance of falling. Take care if wearing varifocal glasses on the stairs

- I've had an eye test in the last 12 months and my glasses updated

Hearing

Having your hearing checked can help you keep your balance

Date of my last hearing check

Plan to get up!

Keeping a phone close to floor level or wearing a call device will help if you can't get up

Find more information in the ROSPA fall prevention hub at www.rospa.com/falls

- I've watched the video and know how to get up safely
- I have a way to call for help

Current age:

Have you had a fall before? If yes, how many?

Do you use a mobility aid?

Baselines & project specific data

Case Study – Mr & Mrs Foster

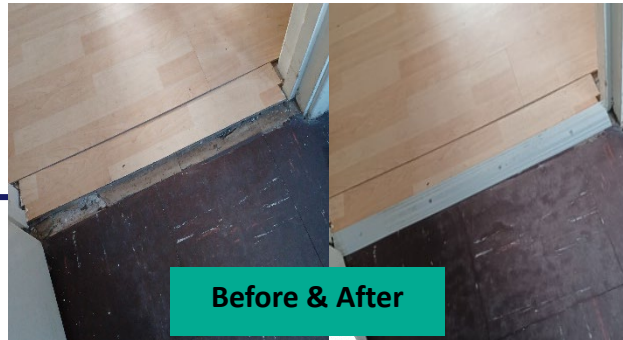
Before

- Mr Foster had **4 falls in 12 months**
- Mr & Mrs Foster struggled to get along the side of their bungalow which restricted exercise options
- A missing threshold caused regular trips

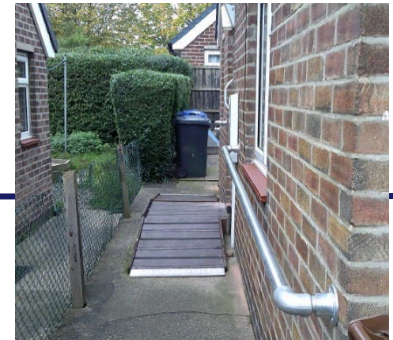
After

- Mr Foster had **no falls in 6 months** since the visit
- Threshold strip has been replaced
- A railing fitted to the bungalow wall to help them live independent and active lives

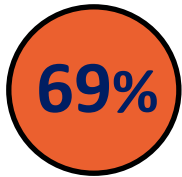
“We both really appreciated the visit. The lady was so nice and put us at ease. Thank you for thinking about us, it makes us feel better in our homes.”



Before & After



Project Impact Evaluation



Reduction in total number of falls following a home check

over 12 months compared with baseline collected



thanks know
look careful people lovely
reassured caring care wobbly
homes appreciated chat
time safer tenants hazards helpful
ease thought risks older open enjoyed
support better nice speak
beneficial knowing visit

Taking the Project Forwards

- Share practical model through H&S and Housing networks
- Highlight additional benefits for people & property
- ‘Joined-up’ approach: streamline access to social care
- We challenge every organisation to act against falls:

1. Deliver Fall Fighter to your frontline staff

2. Create pathways for staff to report and address fall risk

SAFETY & HEALTH EXPO
POWERED BY **SH**P

