

## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support or emergency falls services.

This course has been developed to raise awareness of falls and fragility and the impact these can have on a person. Learners will develop an understanding of who is at risk of falling and the implications of a fall to a frail person, and we will explore how to support a person to minimise their risk of falling.

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, interactive polls, questionnaires and drawing tools, videos and scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ NICE Guidelines - Falls in older people: assessing risk and prevention
- ◆ NICE Quality Standard- Falls in older people
- ◆ College of Occupational Therapists- Occupational therapy in the prevention and management of falls in adults Practice guideline
- ◆ The Care Certificate – Standard 13

## Course Content

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- ◆ Definition of a fall
- ◆ Definition of Osteoporosis
- ◆ Statistics
- ◆ Causes and risks
- ◆ Physical & psychological consequences
- ◆ Minimising falls and fractures
- ◆ Professionals involved in prevention
- ◆ Importance of recording, reporting and reviewing

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ State the definition of a fall
- ◆ State the definition of Osteoporosis
- ◆ Give 1 statistic relating to falls and fragility
- ◆ List causes of falls
- ◆ State the physical & psychological consequences of a fall
- ◆ Describe how to minimise falls and fractures
- ◆ List professionals involved in prevention
- ◆ State the importance of recording, reporting and reviewing

**Duration: 3 Hours**