

Contents

| | |
|--|------|
| Contents | iv |
| The Wisconsin Assisted Living Association (WALA) | viii |
| Acknowledgements | viii |
| How to Use This Resource | ix |

Chapter 1 - Fall Facts and Fall Risk Factors in Assisted Living

| | |
|---|---|
| Falls: Facts, Stats, and Statewide Action Plans | 3 |
| Common Fall Risk Factors | 5 |
| Fall Facts and Fall Risk Factors Section References | 7 |
| Fall Facts and Fall Risk Factors Resources | 8 |

Chapter 2 - Fall Risk Assessments

| | |
|--|----|
| What are Fall Risk Assessments and Why are They Important? | 13 |
| Assessing Common Fall Risk Factors in Eight Target Areas | 14 |
| What are My Assessment Tools? | 18 |
| Multi-Factor Fall Risk Assessment Tools | 19 |
| Multi-Factor Assessment Forms included in this Guide | 20 |
| Fall Risk Screening Tool | 21 |
| Fall Risk Assessment Form - Briggs #3911P | 22 |
| Fall Risk Assessment Form - Briggs #3634HF | 23 |
| Fall Risk Assessment and Interventions - MED-PASS #AL1003 | 25 |
| Fall Risk Discipline Trigger - Briggs #3606/2P | 27 |
| Single-Factor Fall Risk Assessment Tools | 28 |
| Single-Factor Assessment Forms included in this Guide | 28 |
| Acute and Chronic Medical Conditions - Assessment Forms | 29 |
| Bladder Incontinence Evaluation - Briggs #CFS6-10HH | 30 |
| Dehydration Risk Tracking Log - Briggs #3089 | 32 |
| Strength, Mobility, and Balance - Assessment Forms | 34 |
| Timed “Get Up and Go” Test for Mobility and Balance | 35 |
| Tinetti Assessment Tool: Balance and Gait - Briggs #3424P | 36 |
| Berg Balance Scale | 37 |
| Hearing and Vision - Assessment Forms | 41 |
| Oticon One-Minute Hearing Test | 41 |

| | |
|---|----|
| American Speech-Language-Hearing Association (ASHA) | |
| Hearing Loss Screening Tool | 42 |
| Low Vision Test Card | 43 |
| Cognition and Behavior - Assessment Forms | 44 |
| Behavior Intervention Monitoring - Briggs #3079HH | 45 |
| Behavior/Intervention Monthly Flow Record - MED-PASS #MP5945 | 47 |
| Functional Assessment for Persons With Alzheimer's Disease - Briggs #3650HH | 49 |
| Animal Naming Fluency Test | 53 |
| Montreal Cognitive Assessment (MoCA) | 54 |
| Montreal Cognitive Assessment (MoCA) Administration & Scoring Instructions | 55 |
| Medications - Assessment Forms | 59 |
| Medication Side Effects and Adverse Effects - MED-PASS #MP5591 | 60 |
| Pre-Psychoactive Medication Assessment - Briggs #3697HH | 66 |
| Consultant Pharmacist Medication Regimen Review (MRR) - MED-PASS #MP5914 | 68 |
| Medication Self-Administration Assessment - Briggs #3358HH | 69 |
| Self-Administration of Medications Evaluation of Resident's Ability - MED-PASS #AL1008 | 70 |
| Self-Medication Management Assessment Tool | 72 |
| Environment - Assessment Forms | 73 |
| Residence Environmental Considerations Checklist | 74 |
| Common Area Environmental Considerations Checklist | 75 |
| Assisted Living Safety Checklist - Mueller Therapy | 76 |
| Fall Safety Checklist - Briggs #3910P | 78 |
| Assistive Equipment - Assessment Form | 79 |
| Assistive Equipment Condition Checklist | 80 |
| Fall Risk Assessments Section References | 81 |
| Fall Risk Assessments Resources | 82 |

Chapter 3 - Fall Risk Interventions and Care Planning **85**

| | |
|--|----|
| What Are Fall Risk Interventions and Why Are They Important? | 87 |
| Fall Interventions in Eight Target Areas | 88 |
| Fall Risk Intervention Forms included in this Guide | 92 |
| Fall Prevention Checklist | 93 |
| Fall Risk Factors and Interventions Checklist | 95 |
| Care Plans as Part of Your Intervention Strategy | 96 |

| | |
|--|-----|
| Care Plans included in this Guide | 97 |
| Resident Care Plan - Briggs #3277HH | 98 |
| Resident Care Plan - Briggs #3268HH | 100 |
| Fall Prevention Care Plan Addendum | 102 |
| Fall Intervention Care Plan Addendum | 103 |
| Fall Risk Interventions and Care Planning References & Resources | 105 |

Chapter 4 - Evaluating Your Facility's Falls Management Plan **107**

| | |
|--|-----|
| Evaluating Your Fall Prevention Program: Getting the Thumbs Up! | 109 |
| Evaluation Forms for Individual Fall Plans and Facility Falls Management Programs included in this Guide | 110 |
| The Falls Management Program - Tracking Record for Improving Resident Safety (TRIPS) | 111 |
| Fall Investigation - Root Cause Analysis | 114 |
| The Falls Management Program - Fall Interventions Monitor | 116 |
| The Falls Management Program (FMP) Entry Log | 117 |
| Falls Tracking Spreadsheet | 118 |
| Evaluating Your Facility's Falls Management Plan Section References | 119 |

Chapter 5 - Falls Happen! **121**

| | |
|---|-----|
| Falls Happen! | 123 |
| Post-Fall Reporting and Assessment Forms included in this Guide | 124 |
| Post-Fall Incident Report | 125 |
| Incident/Accident Report - Briggs #3381/2P | 126 |
| Incident Report Form | 128 |
| Post-Fall Pain Assessment Form | 129 |
| Post-Fall Pain Assessment - Briggs #3690HH | 130 |
| Neurological Assessment - Briggs #3075HH | 132 |
| 3-Day Post-Fall Assessment | 134 |
| Physician Notification - Orders for Fall Event | 135 |
| The Falls Management Program - Physician Fax Alert | 136 |
| Self-Report Letter | 137 |
| Self-Report Document | 138 |
| Falls Happen! Section References | 139 |

Chapter 6 - Fall Prevention Education and Training **141**

| | |
|---|-----|
| The Importance of Educating Everyone Involved in Your Residents' Care | 143 |
| Education Handouts included in this Guide | 143 |
| Fall Prevention Measures for Every Resident | 144 |
| Fall Prevention Measures for Friends and Family | 145 |
| Fall Prevention Measures for Assisted Living Staff | 146 |
| Proper Body Mechanics When a Transfer is Required | 147 |
| Resident Transfer Policy and Procedure | 148 |
| Creating a Fall Prevention Inservice for Your Staff | 149 |
| Fall Prevention Inservice Documents included in this Guide | 149 |
| Fall Prevention Inservice for Direct Care Staff - Agenda Tutorial | 150 |
| Fall Prevention Inservice Agenda | 151 |
| Fall Prevention Inservice Quiz | 152 |
| Fall Prevention Inservice Quiz Key | 153 |
| Fall Prevention Inservice Certificate | 154 |
| Fall Prevention - Information and Website Resources | 155 |
| Fall Prevention Education and Training Resources | 159 |

Chapter 7 - State of Wisconsin Fall Regulations **161**

| | |
|---|-----|
| State of Wisconsin Regulations Pertaining to Resident Falls | 163 |
| Community-Based Residential Facility (CBRF) - | |
| Chapter 83 Regulatory Requirements | 164 |
| Adult Family Home (AFH) - | |
| Chapter 88 Regulatory Requirements | 167 |
| Residential Care Apartment Complex (RCAC) - | |
| Chapter 89 Regulatory Requirements | 171 |
| Walking Tall In Assisted Living - Resource Evaluation | 174 |
| Creating a Falls Management Program for Your Facility | 175 |