

Fall Prevention Leadership Strategies

Use this tip sheet to find management strategies that may help reduce the number of falls happening to the individuals supported by your organization.

Learn as Much as Possible About How Falls Happen

1. Are there times of day when falls are most likely to occur - e.g., toward the end of the day or the end of DSPs' shifts?
2. Are there places in a person's home, day program, or workplace where falls are most likely— e.g., staircases, curbs?
3. What activities seem more likely associated with falls?
4. What physical characteristics may make a person more likely to fall?
5. What characteristics of each facility make falls more or less likely?

Once you have identified the basic characteristics of falls for the people you support, here are some examples of strategies that might assist you in developing a Fall Prevention Plan in general and specifically for individuals at high risk for falling.

Some Examples of Fall Prevention Leadership Strategies

1. Treating staff as professional equals:

- Accept staff ideas about how best to prevent falls among the individuals that they serve.

2. Get to know your staff:

- What stressors do they face in their lives?
- Do they appear tired at work?
- What could you do to make their work lives easier?

3. Avoid a top-down approach to preventing falls:

- Taking a top-down approach may not account for the experiences of staff working directly with high risk individuals.

4. Do not manage primarily through training and re-training:

- When adverse events occur, they may signal a need for organizational change rather than focusing solely on skill improvements for the DSP.
- Repeat re-training of DSPs on techniques may not work as intended if root causes for adverse events are not also addressed.
- Take a step back and ask whether your staff management methods are making differences in the quality of services you give to the people you support.

Creating fall prevention plans together with DSPs will prevent and reduce the occurrence of falls for the individuals you support.