



Mobility & Falls Prevention

AGED CARE POLICY

Policy Version 3.0

Category: Administrative *(Required by Legislation)*

Adopted: June 2025



Mobility & Falls Prevention Aged Care Policy

Purpose

The organisation delivers safe and effective personal care, in accordance with the consumer's needs, goals and preferences to optimise health and well-being.

Mobility is critical to the physical, social and emotional well-being of consumers and their capacity to live independently. As people age changes to the way they walk, their balance, coordination and physical strength can affect their mobility. This can lead to an increased number and severity of falls which are one of the largest causes of harm in aged care. Common conditions such as dementia, diabetes, stroke and Parkinson's disease are associated with a high risk of falls. Lost physical function resulting from falls may create difficulties undertaking activities of daily living, such as eating, bathing, dressing, or using the bathroom without aid.

Falls can be prevented by implementing appropriate strategies.

Scope

This Policy applies to:

- All Community Care Services team members
- Their volunteers
- Students on placement
- Contractors and consultants, whether or not they are employees
- Any other brokered service providers and
- Winton Shire Council Councillors.

Definitions

Term	What it means / refers to
Mobility	The ability to move or walk freely and easily, which is critical for functioning well and living independently.
Mobility aid	Mobility aids are devices designed to help people who have problems moving around enjoy greater freedom and independence. Typically people who have disabilities or injuries, or older adults who are at increased risk of falling, choose to use mobility aids. These devices provide several benefits to users, including more independence, reduced pain, and increased confidence and self-esteem. A range of mobility devices is available to meet people's needs – from canes and crutches to wheelchairs and stair lifts.
Falls risk assessment	A falls risk assessment is undertaken to obtain a more detailed analysis of the individual's risk of falling. A falls risk assessment involves using a validated tool that has been tested by researchers to be effective in specifying the causes of falls in an individual. As a person's health and circumstances change, reassessment is necessary.



Term	What it means / refers to
Falls risk factors (modifiable)	The risk factors considered to have a high association with falls, which are also modifiable, include: • the fear of falling • limitations in mobility and undertaking the activities of daily living • impaired walking patterns (gait) • impaired balance • visual impairment • reduced muscle strength • poor reaction times • use of multiple medications specifically benzodiazepines, antidepressants, anti-psychotics and psychoactive medications
Falls risk factors (general)	A falls risk is something that increases an older person's chance of falling. Falls commonly result from a combination of risk factors. The risk of falling increases with the number of risk factors that are present. The number of risk factors increases as a person ages. Risk factors can be classified in a number of ways. One of the well-known methods is to classify them as either personal (intrinsic) or environmental (extrinsic). Personal risk factors include individual characteristics such as age, gender, ability and health conditions. Environmental risk factors refer to hazards found in and around the home and in public places, such as uneven surfaces and the lack of hand or grab rails.

Policy Statement

When a consumer is assessed as requiring mobility support and accepts this service, Winton Shire Council commits to assisting consumers with their mobility and minimising falls risk by:

- Developing a mobility care plan that reflects their assessed needs, goals and preferences and considers:
 - the type and amount of assistance required to move around, transfer and perform activities of daily living
 - any aids required and when they will be used
 - strategies to support mobility such as use of appropriate clothing and footwear, medication management, nutrition and hydration etc. and
 - managing health issues that may increase falls risk such as sensory loss, pain, continence cognitive decline, sensory loss.
- Providing information and education to the consumer on mobility and falls prevention in a way they understand to enable them to make informed choices.
- Taking all practicable precautions to promote a safe physical environment and minimise the risk of falls such as recommending the removal of slip or trip hazards, installing adequate lighting, non-slip flooring, railing, ramps etc.
- Referring clients to programs to maintain and/or restore physical strength and mobility and actively encouraging the consumer to participate.



- Facilitating access to assessments for access to equipment to support mobility and independence e.g. walking frames, continence aids, chairs the consumer can easily get in and out of etc. with consideration of their package budget (where applicable) and the relevant Program guidelines.
- Identifying deterioration that may impact on mobility and falls risk and responding in a timely manner.
- Recording falls including those unwitnessed or staff become aware of after the event and near misses in the incident management system.

Operational need

I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.

Roles and Responsibilities

Winton Shire Council

Winton Shire Council is responsible for providing leadership and fostering a culture of safe and quality care that is best practice, tailored and effective and managing associated. The Governing Body will identify appropriate systems and processes to monitor, review and continuously improve compliance with this policy.

Managers

Managers are responsible for ensuring this policy and related processes are implemented and that all staff, contractors, students and volunteers provide safe, quality care. This includes ensuring there are sufficient resources, guidance and support to enable safe, quality care that maintains mobility and reduces the risk of falls. They will provide reports to the Governing Body to monitor implementation and compliance with this policy.

Staff, Contractors, Students and Volunteers

All staff, contractors, students and volunteers are responsible for providing care and services to consumers in a manner that supports mobility and independence while respecting an individual's choice and preferences. They must complete all required education and training and follow all policies, processes and directions.

Communication

This document will be published on the Winton Shire Council website and will be made available to all employees involved in the delivery of Community Care services provided by Winton Shire Council.

Related Council documentation

Aged care records including:

- Assessments
- Care plans
- Consumer files
- Incident reports
- Incident register
- Consumer feedback
- Worker training records and



- Risk register.

Legislation, Recognised Authorities and Other Sources

- Aged Care Act 1997
- Quality of Care Principles 2014
- Standard 3 (3)(a) Care is best practice, tailored and optimises health and well-being
- Standard 3 (3)(b) Management of high-impact or high prevalence risks
- Standard 8 (3)(d) Risk management

Review of Policy

This policy will be reviewed every two years or when legislation or standards change and remains in force until amended or repealed by resolution of Council.

Record of Amendments and Adoptions

Date	Revision No	Reason for amendment	Date adopted by Council
December 2021	Version 1.0	Initial policy	16 December 2021
October 2023	Version 2.0	Updated quality standards	
June 2025	Version 3.0	SDAP update	

