

Together in partnership

from Falls to a Garden

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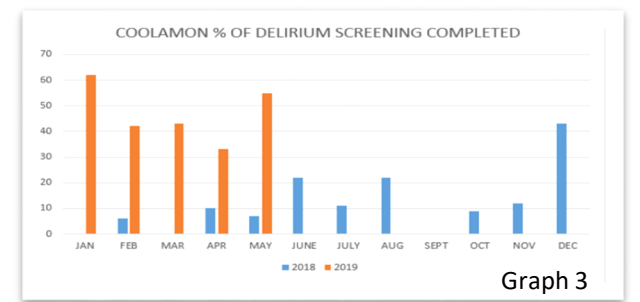
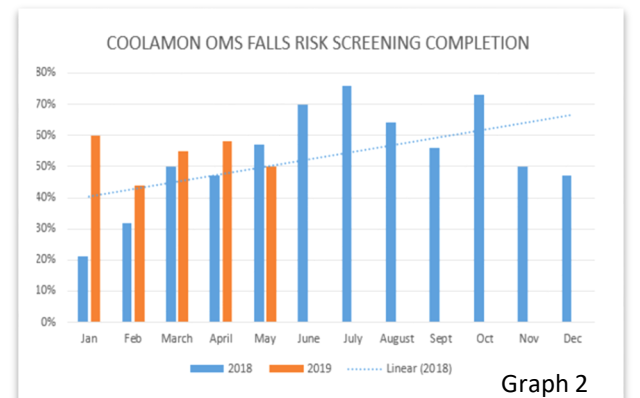
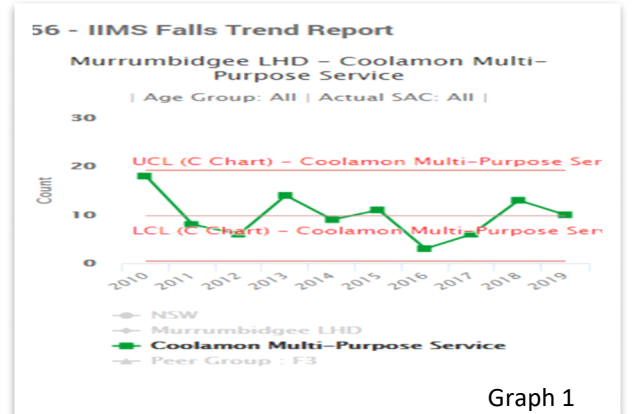
"I took a resident to look at all the things in the garden... they love the red bike" Kellie, staff

"I love it .. Its just like I would have at home.. Gloria and I go out to the gazebo and sit in the sun , there are more things to do here now ..." Mabel, consumer

"I love going outside now but the weather has been a bit cold... I like the animals on the grass especially the sheep dog.. We go out there every day" Gloria consumer

A collaborative partnership between EOC, MPS staff, consumers, carers, families and other MLHD directorates to implement a falls prevention program occurred.

<p>Background</p>	<p>Coolamon Multipurpose Service (MPS) has 2 acute beds & 12 Residential Aged Care beds. In 2018, RCA identified service gaps with opportunities for improvement in the following areas:</p> <ul style="list-style-type: none"> Falls risk assessment and management Post - Falls management Consumer Care planning
<p>Methodology</p>	<p>The MPS undertook a complex fall prevention strategy* focusing on the following areas:</p> <p>Education – for staff with a focus on risk assessment, prevention strategies and post-fall management including physio training for staff to improve consumer movement.</p> <p>Environment— areas risk assessed and opportunities for meaningful movement with consumers identified.</p> <p>Equipment – purchase of protective equipment i.e. hip protectors and low beds.</p>
<p>Outcome</p>	<p>The following outcomes were achieved:</p> <ul style="list-style-type: none"> Decrease in IIMS Falls trend 2018-2019 (Graph 1). Evidence increase in Adult risk screening- OMS falls risk screen completion (Graph 2). Increase in Delirium screen for identified admitted consumers increase 12% 2018 to 47% 2019 (Graph 3). Revised Leisure and Lifestyle program to incorporate consumer led activities for health, wellbeing and quality of life . The establishment of a sensory garden plan enabling safe movement whilst maintaining independence.



* (Francis-Coad et al, 2018);
1. <https://www.aci.health.nsw.gov.au/resources/furh-health/multipurpose-service-model-of-care-project/bring-well-in-multipurpose-service> (accessed 03/06/2019)
2. Falls Prevention and Injury Management for admitted patients and residents MUH0213_134
3. Gardens that Care: Planning Outdoor Environments for People with Dementia Alzheimer's Australia Tara Graham-Cochrane design well landscape architects Australian Government
4. My home life Scotland 2017 Positive Inquiry Tool <http://myhome.life.gov.scot/resources/positive-inquiry-tool/> Accessed 01/07/2018
5. <http://therapeuticgardens.com.au/sensory-gardens-for-individuals-with-dementia/> Accessed 12/11/2018