

Falls Training Programme in Care Homes



Project Team

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About the Project

Falls and fractures are a common and serious health issue predominantly faced by older people in England. SWAST data reports that falls has been the most common reason for a care home to call 999. Due to pressures on the ambulance system, wait times increased from an average of 100 minutes in the last 6 months of 2021 to 138 minutes in the first 6 months of 2022 for paramedics to attend a fall in a care home. Due to the above, a project to develop a training programme to increase falls awareness in care homes was commenced.



The project followed the six steps of project management.



We developed a pathway map for how Raizer lifting chairs purchased with NHSE capital funding could be ordered via GIS to support care homes who had undertaken the training with an associated MOU.



Project Outcomes, Progress and Impact

Following the completion of phase 1 of the training rollout, 45% of care homes now have a falls champion. A Falls Champion Community of Practice has been initiated to offer ongoing support and development to Falls Champions.

Care Home Total Weekly Average SWAST Activity for Falls Pre & Post Training



The training has demonstrably reduced SWAST activity from care homes in relation to falls. Following the falls training, care homes have seen an average reduction of 13% in their SWAST activity rates.

Phase 2 rollout is about to commence with further work being undertaken to adapt the programme for Domiciliary Care Providers.



Learning for the Improvement Community

A full evaluation will be undertaken in Quarter 3. The project has improved relationships between the care sector and SWAST and GHFT colleagues by opening up a dialogue and enabling cross system working.

“Well worth doing”
 “Very useful and informative – Thankyou”
 “It really helped with my understanding and confidence with falls”

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Aims & Objectives

To coproduce and deliver a falls training programme and associated resources that increases care staff confidence and awareness around falls with 75% of care homes training by Dec 2024.

Measures Used

- Reduced call out rate for falls to SWAST from care homes for older people
- Reduced attendances at ED for people living in care homes for older people who have fallen
- Reduced SWAST Safeguarding Reports associated with falls