

Falls in care home settings

Many care home residents will experience a fall at some point during their stay. Find information, guidance and resources to support safer mobility, prevent falls and manage falls in nursing and residential care settings in Northern Ireland.

Who is this page for?

This page is for care home staff and health and social care professionals supporting people living in nursing or residential care setting.

Preventing falls in care home settings

Falls in care homes can result in serious injury, loss of independence, hospital admission, fear of falling, reduced confidence, and increased mortality.

Older care home residents living with frailty are particularly vulnerable to adverse outcomes, including fractures, head injuries, delirium, and complications associated with prolonged periods on the floor following a fall.

Supporting safer mobility is about helping residents to remain as active, independent and engaged as possible while identifying and managing factors that may increase their risk of falling.

Regional Falls in Care Homes Pathway and Bundle

The Regional Falls in Care Homes Pathway and Bundle supports safer mobility, falls prevention and the management of falls aims to reduce falls, improve resident outcomes, standardise assessment and management, and minimise avoidable ambulance conveyance and hospital attendance through evidence-based prevention and post-fall interventions.

The pathway was co-designed by Frailty Network in partnership with DoH, PHA and other key stakeholders and it includes the following resources:

- [Resident Safer Mobility and experiencing long lies in care home advice and guidance Adobe PDF \(434.54 KB\)](#)
- [Post-falls guidance for care homes 0725 FINAL Adobe PDF \(413.8 KB\)](#)
- [Post Falls Guideline Printable Adobe PDF \(312.9 KB\)](#)
- [Residents experiencing a long lie poster Adobe PDF \(160.77 KB\)](#)
- [Speech and Language Therapy \(SLT\) Oral Intake Guidelines Adobe PDF \(85.82 KB\)](#)
- [Falls Near Misses Calendar Adobe PDF \(239.17 KB\)](#)
- [Falls Risk Assessment Adobe PDF \(685.49 KB\)](#)
- [FAQs Post Falls Guidelines. Adobe PDF \(47.97 KB\)](#)

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Key resources

- [Regional Falls in Care Homes Pathway and Bundle | Department of Health](#)
- [Frailty Network | Frailty Network](#)

Related content

- [Staying mobile and preventing falls](#)