



Falls Referral Checklist for Care Partners

Identify falls risks before they become falls.

Use this checklist during routine reviews, home visits or when concerns are raised by clients, families or support workers.

Many older people show subtle changes in mobility, confidence or function weeks, or even months, before a fall occurs. Identifying these early warning signs provides an opportunity to intervene, helping to reduce the risk of injury, hospitalisation and loss of independence.

Client Name: _____

Date: _____

Care Partner / Assessor: _____

1. Early Indicators of Increasing Falls Risk

Tick any that apply.

- Uses furniture or walls for support when walking ("furniture walking")
- Walks slowly or cautiously
- Difficulty turning or changing direction
- Has had one or more near falls
- Frequently loses balance
- Difficulty stepping over thresholds or uneven surfaces
- Has become fearful of falling
- Reduced confidence leaving the home
- Has experienced one or more falls in the past 12 months

2. Functional Changes

Has the client recently experienced any of the following?

- Increased difficulty standing from chairs
- Difficulty getting on or off the toilet
- Difficulty getting in or out of bed



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- Increased assistance required for showering
 - Avoiding certain rooms or stairs
 - Reduced activity levels
 - Fatigue affecting mobility
 - Difficulty carrying items while walking
 - Increased dependence on carers
 - Changes following a recent illness or hospital admission
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3. Environmental Risks

Observe the home environment.

- Poor lighting
- Loose mats or rugs
- Cluttered walkways
- Unsafe bathroom access
- Lack of handrails where needed
- Uneven outdoor paths
- High or low seating making transfers difficult
- Pets creating trip hazards
- Frequently used items stored out of reach
- Inappropriate or poorly fitted mobility equipment

4. Health & Clinical Considerations

- Taking multiple medications
- Recent medication changes
- Dizziness or postural hypotension
- Vision changes
- Hearing impairment



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- Foot pain or poor footwear
 - Cognitive impairment or dementia
 - Parkinson's disease, stroke or neurological condition
 - Continence urgency or rushing to the toilet
 - Pain limiting mobility
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5. Questions to Ask

Ask the client and/or family:

- Have you nearly fallen recently?
 - Do you avoid doing anything because you're worried about falling?
 - Are there parts of your home that feel difficult or unsafe?
 - Have family members noticed changes in your mobility?
 - Do you feel less confident walking than you did six months ago?
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When should you consider an Occupational Therapy referral?

Consider referring if the client:

- Has experienced a fall or near fall
- Is beginning to furniture walk
- Has increasing difficulty with transfers
- Has reduced confidence or fear of falling
- Requires Assistive Technology or equipment
- Requires Home Modifications
- Has dementia or cognitive changes affecting safety
- Has recently returned home from hospital
- Family or support workers have concerns about safety
- You're unsure whether current supports remain appropriate



BETTER BALANCE

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Remember

Falls prevention is most effective **before** a fall occurs.

Early OT assessment can identify risks, recommend practical interventions and support older people to remain safe, independent and living well at home.

Better Balance Occupational Therapy Services

Supporting Care Partners across Melbourne, Geelong and Bellarine Peninsula with:

- Falls Prevention Assessments
- Comprehensive Home Safety Assessments
- Assistive Technology
- Home Modifications
- Dementia Occupational Therapy
- Manual Handling & Pressure Care

[Refer to OT HERE](#)