



Move it Monday

No Falls November Challenge Card

Simple everyday actions can help prevent falls, reduce delirium risk, and promote wellbeing

Today's Move It Monday challenge:

Challenge staff to complete these actions today

Week 1

- ☐ Encourage one patient/resident to get dressed and spend more time out of bed.

Week 2

- ☐ Encourage one patient/resident to walk, mobilise or participate in a meaningful activity.

Week 3

- ☐ Review one person's mobility plan and support them to mobilise safely according to that plan.

Week 4

- ☐ Identify one opportunity to increase activity, movement or engagement for a person in your care.

Residential care bonus challenge

- ☐ Identify one physical activity on this week's activity calendar that would benefit a resident.

Small actions make a difference

Falls prevention • Delirium prevention • Wellbeing

Teachback Tuesday

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Understanding supports safer decisions and encourages people to be active partners in their care.

Today's Teachback Tuesday challenge:

Challenge staff to complete these actions today



Week 1

- ☐ Explain to one person how to call for assistance and check their understanding using teach-back techniques.

Week 2

- ☐ Explain to one person when they should ask for assistance with mobility and check their understanding using teach-back techniques.

Week 3

- ☐ Explain to one person how to use their mobility aid safely and check their understanding using teach-back techniques.

Week 4

- ☐ Explain to one person what to do if they feel dizzy, weak, or unsteady and check their understanding using teach-back techniques.

Residential care bonus challenge

- ☐ Ask the resident to explain or show you one thing they do that helps prevent a fall. After listening, summarise what you heard and check you have understood.

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Wobbly Wednesday

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Today's Wobbly Wednesday challenge:

Challenge staff to complete these actions today

Week 1

- ☐ Check one patient/resident's lying and standing blood pressure to screen for orthostatic hypotension.

Week 2

- ☐ Ask a patient/resident what they do before standing up after lying or sitting for a long time and provide safety information to reduce the risk of dizziness on standing.

Week 3

- ☐ Talk with your team about the fall risks of your patients/residents. Could orthostatic hypertension be contributing to this?

Week 4

- ☐ Review the medication charts of two patients/residents. Discuss with a pharmacist whether any medications may contribute to orthostatic hypotension and increase falls risk.

Residential care bonus challenge

- ☐ Review one patient/resident who has fallen and ask, "Was dizziness on standing considered as a possible contributing factor?"

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Tinkle Thursday

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Understanding supports safer decisions and encourages people to be active partners in their care.

Today's Tinkle Thursday challenge:

Challenge staff to complete these actions today

Week 1

- ☐ Make sure one high falls risk patient/resident knows how to call for assistance to get to the toilet

Week 2

- ☐ Identify one patient/resident with frequent toileting needs and discuss with the multidisciplinary team what could be contributing. Is there an opportunity to address the cause rather than just the symptom?

Week 3

- ☐ Ask a patient/resident how many times they get up overnight to use the toilet. Could nocturia be increasing their falls risk?

Week 4

- ☐ Walk the route from a patient's/resident's bed or chair to the toilet. Is there anything that could make that journey safer and easier?

Residential care bonus challenge

- ☐ Review one patient/resident who is experiencing constipation. Could discomfort, straining, reduced mobility or increased toileting needs be affecting their falls risk?



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Forget Me Not Friday

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Understanding supports safer decisions and encourages people to be active partners in their care.

Today's Forget-Me-Not Friday challenge:

Challenge staff to complete these actions today

Week 1

- ☐ Learn one new thing about a patient/resident's usual routine, preferences or interests. This information supports helping patients/residents to feel calm and safe, and can reduce the likelihood of confusion, delirium and falls.

Week 2

- ☐ Review one patient/resident who is confused or behaving differently from usual. Could they be delirious and could this be contributing to their falls risk?

Week 3

- ☐ Complete a Sunflower or Top 5 with a patient/resident today.

Week 4

- ☐ Identify one patient/resident who frequently gets up without assistance. What unmet need could be driving this behaviour?

Residential care bonus challenge

- ☐ Identify hazards that could impact on a patient/resident ability to move safely in their room.



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