

Appendix 8 (WEST ESSEX CHS DOMICILIARY SERVICES ONLY)

Falls Risk Assessment Tool-FRAT

Assessment of falls risk in older people

Multi - professional guidance for use by the primary health care team, hospital staff, care home staff and social care workers

This guidance has been derived from longitudinal studies of factors predicting falls in older people and randomised controlled trials that have shown a reduction in the risk of falling. (adapted for local use but originally designed by Queen Mary College, University of London)

Definition Fall- An event whereby an individual comes to rest on the ground or another lower level with or without loss of consciousness (NICE 2004)

Notes for users:

- 1) Complete assessment form below. The more positive factors, the higher the risk for falling.
- 2) Some users of the guidance may feel able to undertake further assessment and appropriate interventions at the time of the assessment.
- 3) Consider which referral would be most appropriate given the patient's needs and local resources.

NHS number

Name _____ Date of Birth _____

		Yes	No
1	Is there a history of any falls in the previous year?		
2	Is the patient / client on four or more medications per day?		
3	Does the patient / client have a diagnosis of stroke or Parkinson's Disease?		
4	Does the patient / client report any problems with his/ her balance?		
5	Is the patient/client unable to rise from a chair of knee height?		