Webinar | November 19 & 21, 2019

Using Video of Falls To Analyze & Design A Safe Environment For Memory Care
Agenda

• Bedroom Design for Memory Care
• How to maintain over time
• After a fall
• Review actual examples of before / after
• What we know & Quality Assurance

Disclaimer: The purpose of this webinar is to share insights and data gathered through extensive video review in assisted living memory care communities and promote thoughtful examination of their current risks around falls. Content should be reviewed by internal clinical staff for suitability.
01
Bedroom Design
Empty Room Ready for Move-In

- Type of furniture
- Layout of furniture
- Decorations / Comforts of home
- Frequently used items
- Activities (books, dolls, coloring)
Bedroom without planning
Move-in Checklist with Family

Needed Items:

- Dimensions and room layout
- Bed size (will dictate position in the room)
- Dresser (limit number of drawers)
- Bedside table (address corners)
- Lamp (easy to turn on/off)
- TV and console table (viewing point)
- Chair with arms (appropriate for mobility)
- Accessible storage / Shelving
- Personal items
- Decorations: photos, framed pictures

Possible Items:

- Dining table or desk (excess furniture)
- Rugs (tripping hazard)
- Collectables (possibly add clutter)
- Oversized chairs, recliners, couches, ottomans (appropriate for mobility)
- Multiple chairs and types (unused should be stored away)
Mobility Status Influences Design

### Mobility Status
- No mobility aid
- 2ww or 4ww
- Wheelchair

### Room Design
- Reduce risk by making sure items are within reach of standing or sitting
- Room should have more space for pathway to exit, no bulky furniture, bed against wall
- Additional space for safe transfers from bed and chairs with multiple care staff in the room
02
How to maintain after move-in
Change in Condition | Checklist

- Is the room cluttered?
- Is the chair accessible & appropriate?
- Are the blankets & pillows appropriate?
- Are items within reach of bed or chair?
- Is the mobility aid stored properly?
- Is the TV/viewing point optimal?
- Are items stored on shelves appropriate & accessible?
- Are items within reach of bed or chair?
- Is the lighting appropriate & accessible?
Change in Condition | Beds

- Evaluate Bed height, width, length
- Hospital beds w/ different options
- Bedrails, attached devices, transfer poles
- Body pillows or wedges
- Color & pattern of blankets
- Type & # of pillows
- Bed location
Change in Condition | Beds

Before

After
Change in Condition | Chairs

- Consider depth and firmness
- Arm rest types
- Chairs with leg rests
- Chairs with ottomans
- Lift chairs
- Do they use it?
Change in Condition | Chairs
After a fall
Fall Scene Investigation

1. Is anything out of place?
2. Where is the mobility aid? Is it within reach of the bed or chair? Was it locked?
3. What is the position of the bed? Is the bed made or not?
4. What is the resident wearing? Non slip socks, clothing fit?
5. Was it dark in the room?
6. Was the door propped open?
7. Is the closet door open?
Actual Event
04

Summary
## Statistics on “Intentional Self-Lowering”

### Fall Severity Defined:
- **1** – Near Fall: Resident almost goes to the ground.
- **2** – Self-Recovery: Resident is on the ground but recovers themselves.
- **3** – Minor: Resident is on the ground and unable to self recover with no injuries.
- **4** – Moderate: Resident is on the ground and unable to self recover with possible injuries.
- **5** – Severe: Resident is on the ground and unable to self recover with traumatic injury to head or other body part.

### Fall Severity Statistics:

<table>
<thead>
<tr>
<th>Fall Severity</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – near fall</td>
<td>3%</td>
</tr>
<tr>
<td>2 – silent fall</td>
<td>3%</td>
</tr>
<tr>
<td>3 – w/o injury fall</td>
<td>26%</td>
</tr>
<tr>
<td>4 – possible injury</td>
<td>9%</td>
</tr>
<tr>
<td>5 – injury</td>
<td>1%</td>
</tr>
<tr>
<td>B – w/o recovery</td>
<td>30%</td>
</tr>
<tr>
<td>B – w/ self-recovery</td>
<td>29%</td>
</tr>
</tbody>
</table>

Almost **60%** of detections show residents self-lowering and ½ of those events they are unable to self-recover.

**Room Design is CRITICAL**

Note: Data represents over 2,000 videos of falls from Jan 2019 – Oct 2019 of over 300 unique residents in over 20 Assisted Living Memory Care in SafelyYou’s database.
Common Environmental Risk Factors

- Clutter and obstacles in pathway
- Access to personal items
- Bed height
- Use of mobility aids
- Flooring surface & mats
- Visibility & Lighting
- Footwear
Quality Assurance

- **Before move-in** day review bedroom checklist with the family and explain risks with specific furniture before.

- Develop a **Bedroom Assessment Checklist** that should be enforced monthly or at change of condition or post fall.

- Add **environmental sweeps** during wellness checks (items within reach, lighting, mobility aid, etc.)

- Train your staff to **ask the resident** what they prefer or need either verbally or with gestures. (Do they want the TV on, do they need the remote, do they want the light on, etc.)

- Train your staff on **observing the resident** when in their bedroom for clues if they need to have a Bedroom Assessment performed or PT/OT evaluation.
Questions?

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