



MONASH  
University

The logo for 'scope' consists of four white dots of increasing size arranged in a diagonal line above the word 'scope' in a white, lowercase, sans-serif font.  
scope

Caroline Hart  
Stella Koritsas

Keith Hill, Aislinn Lalor, Libby  
Callaway, Natasha Layton, Prue  
Morgan, Leigh Hale, Megan  
Clark-Ash

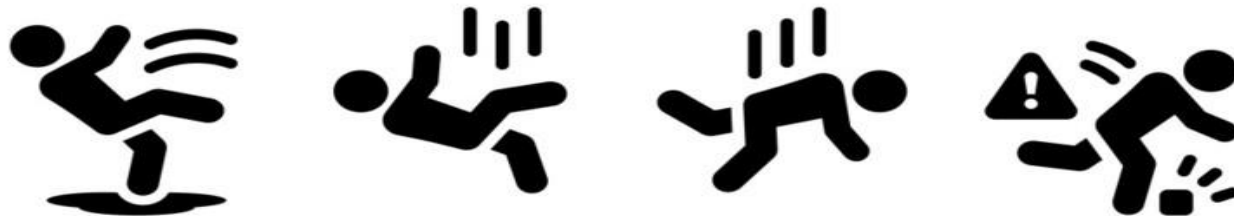
Falls in people with  
intellectual disability  
who live in group  
homes

# The research

The research was about people with intellectual disability who live in group homes.

We wanted to:

1. Find out what might make people fall
2. Find out about using a falls screening form (mFRAST)



# What did we do?

- Staff in houses used a screening form with the people who lived there
- We asked staff about using the screening form
- We looked at information about people's falls from a database



# Who took part?

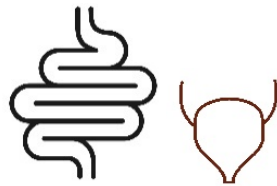
- 13 group homes / 51 residents
- We got information about 26 female and 25 male residents
- The average age of residents was 53.6 years



# What did we find?

The most common falls risk factors

Bowel/  
bladder  
dysfunction  
(68.8%)



Cognitive  
issues  
(56.9%)



Medications  
/poly-  
pharmacy  
(54.9%)



Falls  
history  
(33.3%)



# What did we find?

## Risk of falling

- 9.8% of residents were at **high risk** of falling
- 76.5% of residents were at **moderate risk** of falling
- 13.7% of residents were at **low risk** of falling

# What did we find?

## The screening form

- Thirteen staff answered questions about using the screening form
  - 61.5% said it was “easy”
  - 38.5% said it was “very easy” to complete



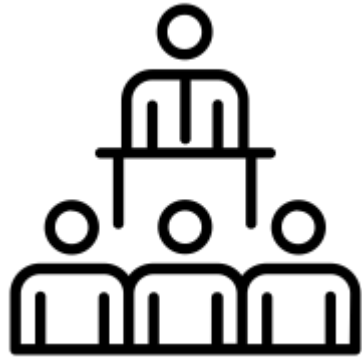
# What did we find?

## Information from the database

- There was lots of missing information about falls
- About one third of residents had one or more falls during the year
- Most falls occurred during walking (38%) and at other times the person was mobile
- Just over a third of residents who fell used a mobility aid

# Recommendations

Provide staff training

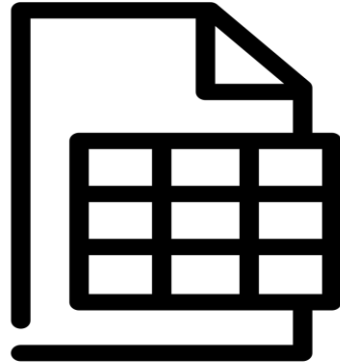


Do action plans for residents

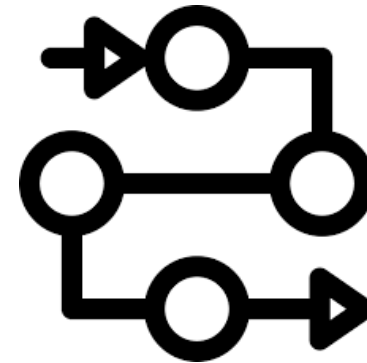


# Recommendations

Collect more  
information



Improve processes



# Recommendations

Further test the screening form




Explore the use of technology





## Where to from here?

The results of the research are being shared across Scope and the wider disability sector.

A photograph of an elderly woman with short blonde hair, wearing a white sweater with pink stripes, sitting in a wheelchair. She is smiling broadly. A man with dark skin and a beard, wearing a black hoodie with a colorful geometric pattern, is leaning over her, also smiling. They are in a room with shelves in the background containing various items like framed photos and mugs.

For more information,  
contact Dr Caroline Hart  
[chart@scopeaust.org.au](mailto:chart@scopeaust.org.au)  
0437 840 684