

Falls Risk Assessment Tool (FRAT)

This is a quick and easy tool to assess an individual's falls risk. This tool can be used for all individuals you think may be at risk of falling and gives guidance on specific areas surrounding the individuals falls risk.

How to use:

- Ask the participant each question on the sheet. Tick the response 'yes' or 'no'.
- The greater the number of 'yes' answers, the higher the participants risk of falls.
- This questionnaire can be used for new admissions, updating a care plan for anyone you believe may be at risk of falling or after a fall has occurred.

All scores should be referenced in care plans. and discussed with relevant health professionals.

It is advised to re-assess every 3-6 months or when an individual's circumstances change.

The following advice is given for a 'yes' answer for each question.

Risk Factor		If yes - Next Steps	
		Further assessment / referral options	Interventions
1	Is there a history of a fall in the previous year? <i>How assessed?</i> <i>Ask the question</i>	Consult GP or other health and social care professionals. Consider frailty assessment - see page 38.	Review circumstances of previous incident(s) if known to identify / decrease precipitating factors – see page 2 for risk factors Consider completing a Timed-up & Go assessment.
2	Is the client on four or more medications per day? <i>How assessed?</i> <i>Identify number of prescribed medicines</i>	Identify types of medication prescribed and ask about symptoms of dizziness. Consult GP or Community pharmacist for a medication review – a medication review should take place annually.	Some medicines can affect balance – consider associated risk factors. Click here for list of medications that cause falls.
3	Does the client have a diagnosis of stroke or Parkinson's? <i>How assessed?</i> <i>Ask the question</i>	Consult GP or other health and social care professionals, particularly if there is a worsening of balance, more difficulty moving or loss of strength. Community therapy referral – physiotherapy or exercise may help a person when moving around.	Consider risk factors associated with the physical environment and manoeuvring safely – environmental modifications may be required. Certain health conditions and individual fitness level must be considered before making a recommendation to exercise - see Hertfordshire's exercise matrix.*
4	Does the client report any problems with their balance? <i>How assessed?</i> <i>Ask the question</i>	Can they talk while walking? Do they sway significantly on standing? Use a basic balance test such as Timed Up & Go. Postural-hypotension assessment (if trained) Consult GP or other health and social care professionals, particularly if there is a worsening of balance.	Consider risk factors associated with the physical environment and manoeuvring safely. Other factors including nutrition and hydration are also important, learn more. Certain health conditions and individual fitness level must be considered before making a recommendation to exercise - see Hertfordshire's exercise matrix.*
5	Is the client unable to rise from a chair of knee high without using their arms? <i>How assessed?</i> <i>Visual Assessment</i>	Consider exercise to improve strength and balance. Community therapy referral.	Consider exercise to improve strength and balance. Certain health conditions and individual fitness level must be considered before making a recommendation to exercise - see Hertfordshire's exercise matrix.*

*Find a copy of Hertfordshire's Exercise Matrix at www.hcpastopfalls.info/resources

Download a blank copy of this assessment from www.hcpastopfalls.info or complete it on the StopFalls mobile app and email the assessment to yourself.

Name of assessor

Date

Name of Person being assessed

Score 1 for every category and total at the bottom of the 2 columns		Yes	No
1	Is there a history of any fall in the previous year? How assessed? Ask the question		
2	Is the client on four or more medications per day? How assessed? Identify number of prescribed medications		
3	Does the client have a diagnosis of stroke or Parkinson's? How assessed? Ask the person		
4	Does the client report any problems with their balance? How assessed? Ask the person		
5	Is the client unable to rise from a chair of knee height without using their arms? How assessed? Ask the person (are they able to stand up from a chair of knee height without using their arms?)		
Total			

Level of predicted risk:

3 – 5 yeses = higher falls risk

- Complete full falls risk assessment (see service user risk assessment)
- Consult health and social care professionals
- Complete provider self assessment

Less than 3 yeses = lower risk

- If the person has mobility problems consider referral to Community Therapy Services
- Carry out exercises with the individual

