

Best Practice Handbook – Preventing Falls in Older people

Promoters

Cáritas Diocesana de Coimbra

Partners

- Universidade de Coimbra - Faculdade de Medicina
- Universidade de Coimbra - Faculdade de Letras

Promoter's Municipality

Coimbra

Scope of Practice

Non-regionalizable



Description

This project consists in the elaboration of a Best Practice Handbook on the prevention of falls in older people, whose authors are Anamélia Almeida de Oliveira (Master's in Health by FMUC), Anabela Mota Pinto (FMUC's PhD), Carina Dantas (Director of the Department of Innovation of Cáritas Coimbra) and Paulo Nossa (Professor of the Faculty of Arts and Humanities of the University of Coimbra). This manual is based on the use of a preventive educational strategy that aims to share experiences, increase knowledge and guide older people, health professionals, family members and formal and informal caregivers, about the risks and consequences of falls in home environments, allowing practical guidance to avoid them.

The manual is published in portuguese and english, in A5 format, bound and with free distribution, and is also available for download in digital format on the promoter's website.

Objectives

- Implement an educational program of good practices in Private Institutions for Social Solidarity, with the objective of preventing and minimizing the effective risk of falls, providing greater safety, quality of life, and a consequent increase in health gains for the elderly people;
- Promote safety and help to understand the main causes of falls in home context;
- Provide possible solutions for the elderly based on best practice recommendations;
- Identify people at risk of falls, through an individual checklist.

Goals and results

The preparation of this manual was completed with its public presentation in September 2017, there's still no formal evaluation of the opinion of those who have already used it. This initiative is in a phase of dissemination, and thereafter a feedback gathering phase, which will support the next steps. It was an initiative that generated a significant impact from the point of view of the audience's awareness to this subject, so present in the daily life of the elderly. This session intended to set the beginning of the dissemination of the work through the delivery of copies to all the Caritas Coimbra centres with valences that support the elderly, hoping to reach their networks of family and friends as well. Likewise, online versions of the manual and of each chapter, in portuguese and english, will be made available to scale access to the document.



Responsible

Anabela Mota Pinto
 apinto@uc.pt
 Anamélia Almeida de Oliveira
 anamelialmeida@hotmail.com
 Carina Dantas/Ana Jegundo
 correio@caritascoimbra.pt

Links

www.caritascoimbra.pt