Occupational Therapy Australia



Occupational therapy in preventing falls

Occupational therapists are experts in assessing and addressing the various factors related to falls.

Whether it's a change in physical function, loss of balance or strength, environmental factors or changes to cognition, occupational therapists take a complete approach to falls prevention.

Environment – occupational therapists can address environmental hazards around the home to reduce the risk of falls. Evidence has shown that home hazard reduction conducted by an occupational therapist can reduce the risk of falls by 38% for those at high risk of falls[1].

Physical function – occupational therapists can work to improve a person's function by reviewing how they perform their tasks, providing education and training on activity modification and providing aids and equipment to improve performance.

Loss of balance or strength – occupational therapists can support people in addressing changes to strength and balance through tailored exercises and activity programs delivered in both the home and in the community.

Cognition – occupational therapists can work with people experiencing cognitive changes and address factors that may increase a person's risk of falling including orientation, memory or confusion.

[1] https://www.cochrane.org/CD013258/MUSKINJ_reducing-fall-hazards-within-environment

To access an occupational therapist:
Contact My Aged Care **1800 200 422**
Speak to your GP to obtain a referral under Medicare or DVA

To find out more about occupational therapy and to find an OT working with older people near you, visit otaus.com.au/find-an-ot

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