
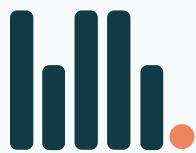


In partnership with  nourish



**Preventing falls for
better care outcomes**

Falls-related hospital admissions for over 85s from care homes have increased by 73% since 2000.

- Gov.uk and National Institute of Health

73%

The context

With more than **4,438 falls reported every day or over 230,000 a year in care homes alone**, the impact of falls and their consequences cannot be underestimated. Falls can take away independent living, and the resulting injuries can lead to ambulance call-outs, hospital admissions and readmissions. They can cause the patient distress, pain, fear, anxiety, and depression, as well as a loss of confidence.

Beyond the physical, emotional and psychological impact on the patient is the financial impact that falls have. The time and cost associated with treating injuries from falls can be high, and the cost of long-term care for residents who are unable to return to their previous level of independence can be even higher. Leading to higher fees and more resources being required to support residents.

This all puts an increased strain on an already overworked workforce and puts pressure on budgets, causing a loop of frailty for both the patient and the organisation that takes care of them. And once a patient has fallen once, it is

significantly more likely they will fall again - adding further pressure.

Looking at the numbers, there has been a striking increase of **73% of care home residents being admitted into hospitals** following falls incidents in the last two decades. This has brought care homes a significant increase in costs, both in terms of the direct costs of medical treatment and the indirect costs of lost productivity.

This major problem in care homes also **costs the NHS and social care system over £2 billion each year**. According to NHS Inform, falls are the most common reason for an ambulance being called to an older person.

However, through preventative care models, many falls can be avoided and the pressure they place on organisations and the wider system can, as a result, be reduced.

In this handbook following our recent webinar with Nourish Care, we explore how preventing falls incidents, crisis prevention and proactivity can lead to better care outcomes.

The mounting cost of the challenge



45,000 hours

A typical care home spends 45,000 hours per year on falls and nighttime checks



£150,000 / year

Costs of supporting residents after falls is in excess of £150,000 annually

Falls are a common problem, but they are not inevitable

Falls prevention has the potential to revolutionise care. As well as improving quality of life for residents, it can ensure better resource allocation in care homes by freeing up the thousands of hours spent every year attending to those that have fallen. Valuable hours and staffing costs that could be spent elsewhere, on other tasks.

One of the key challenges that needs addressing is that care home staff often simply cannot tell how fall has happened in the first place, occurring when residents are alone and unobserved.

Having access to comprehensive data around falls is not only critical for understanding when the incident occurred but how to help prevent them from happening in the future.



67% of webinar attendees agree the biggest impact within their organisation of falls is residents' independence

“With most falls - from what we see from the data we have - we do not know how somebody came to be on the floor. And that is a real gap.”

- Carrie McDonald, Clinical Lead and Safety Officer, Nourish

“Falls can also have a negative impact on staff, with feelings of anxiety and guilt and low staff morale.”

- Care Inspectorate, Scotland

How can data help?



“Being able to do that real-time analysis in a much more effective way can help people start predicting these things and stop them before they happen”



“Digital systems allow a better understanding of what impacts a fall... Predictive data can help prevent falls in the first place - building a picture of risk factors that can impact falls and alerting care workers in advance.”



Carrie McDonald
Clinical Lead and Safety Officer, Nourish

Having a data-driven solution in place to gather information around falls can help build a clear and holistic picture of what happened either side of the incident.

Data can highlight activities or conditions that could have impacted the event, for instance, levels of hydration, nourishment, activity, temperature, as well as UTIs or changes in bathroom activity or medication.

By having this data and reviewing the risk factors, carers will be empowered to spot potential dangers, leading to earlier interventions and preventing a crisis event from happening in the first place.



Finding a solution in remote technology

Remote monitoring technologies like Lilli can support care homes to collect important data, reduce falls incidents and enable quick intervention when they do happen.

Through discreet and unobtrusive sensors, Lilli's software technology monitors in-room activity 24/7 and produces easy to understand notifications that alert of any noteworthy or unusual behaviour. The data Lilli's platform provides allows constant visibility into each resident's activity and wellbeing.

As well as giving a full view of behaviours and conditions around a fall, the technology supports the privacy and independence of the residents by removing the need for night time checks. If a fall does take place, either in their room or bathroom, Lilli will send an alert so early intervention is possible.

This enables:

- ✓ A proactive approach to dealing with falls
- ✓ Allows you to react quicker to an incident
- ✓ Creating efficiency amongst your workforce
- ✓ Independence and dignity for residents
- ✓ Time savings
- ✓ Cost savings
- ✓ Reduced hospital admissions
- ✓ Easy and quick reporting for CQC submissions



Reallocating resources

In a typical 50 resident home, a 75% reduction in nighttime checks would give you over 5,000 staff hours back per year to spend with residents and undertake other tasks

Feedback from the front line

Following our webinar, "Tackling falls detection and prevention" in partnership with Nourish Care, we turned to our webinar attendees, industry professionals and leaders in health and care, for further insight into the view from the front line.

100%

of webinar viewers believe fall detection technology should be funded and rolled out into residential care.

65%

of webinar attendees either have fall prevention technology or are planning to have it within the next year

75%

of people think that the primary benefit that their organisation looks for when collaborating with a tech partner for falls is "Improved health and welfare of residents"

How Lilli can help

Lilli offers care home managers the tools to address falls and incidents among residents and service users effectively.

By providing real-time alerts and notifications, enabling preventive care measures, the cost-effective monitoring technology enhances the overall safety and well-being of the service user.

We can work with you to enhance your operational efficiency by supporting personalised care plans, boosting staff utilisation and enhancing your brand's value.

With the typical care home spending 45,000 hours per year on falls and nighttime checks, get an estimate of the savings your organisation could make by emailing marketing@intelligentlilli.com.



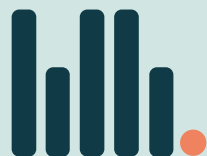
SCAN QR CODE



Book a demo with us

"Collaboration is the foundation of the new health and care system"

- Charlotte Wickens, Policy Adviser at The King's Fund



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