



Falls and Fragility

Help the people you care for maintain their independence for longer with our Falls and Fragility course. Falls can cause physical harm and lead to emotional repercussions, reducing confidence and mobility. Inactivity can also result in muscle deterioration, increasing the chances of future falls.

Our experienced trainers will lead you through methods to promote mobility and implement effective falls prevention strategies. Learn about the causes of falls, preventive measures and appropriate response procedures. Learners will leave with the knowledge and skills to promote safety and wellbeing by reducing the incidence of falls and improving overall health outcomes.

[Learn more](#) >

Learning Outcomes

- Understand what falls are
- Understand the causes of falls
- List the potential consequences of a fall
- Define fragility, its causes, and its impact on well-being
- Be familiar with the actions following a fall
- Risk assessment and preventative measures
- Monitoring and record keeping

Course Content

- **Module 1:** Understanding what a fall is
- **Module 2:** The importance of knowing the history of previous falls for an individual receiving care
- **Module 3:** Examining the causes and consequences of falls
- **Module 4:** Understanding Fragility
- **Module 5:** How to reduce the risk of falling