

# Reducing harm from falls

Video  
resources



Thousands of older people are injured in falls each year, and many of these falls are preventable.

Falls hurt.

The Health Quality & Safety Commission has produced four short videos highlighting some of the ways falls can be prevented in a range of different settings.

These videos can be viewed online at [www.open.hqsc.govt.nz](http://www.open.hqsc.govt.nz).

National  
Patient  
Safety  
Campaign

## Preventing falls in hospital

Falls were the leading cause of serious injuries reported by hospitals in the 2011–12 year. This video looks at interventions that prevent falls and reduce harm from falls in hospitals.



## Staying safe on your feet at home

Preventing falls at home can be a challenge. This video looks at an innovative approach to falls prevention underway in Canterbury.



## Preventing falls in an aged residential care facility

A significant number of falls occur in rest homes each year. This video looks at how one aged residential care facility, Mercy Parklands in Auckland, is working with residents and their families to prevent falls.



## Staying on your feet in the community

There are a number of things people can do to help prevent falls in the community, such as regular exercise to build strength and flexibility. This video looks at the success of the *Steady As You Go* exercise programme in Otago as one example of a community initiative to prevent falls.



## Thank you

The Commission would like to thank all the organisations and individuals involved in making these four videos.

More information about the Commission's work to reduce harm from falls is available at [www.open.hqsc.govt.nz](http://www.open.hqsc.govt.nz).



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