

Assessment Record



Student 118966 - Jaspreet Kaur
Intake 2021 VIC CA C4AS MASTER - VIC 2021_Certificate IV in Ageing Support
Assessment CHCAGE002 - 2; Assessment Workbook - Implement Falls Prevention Strategies
Revision 4
Attempt # 1

Status Submitted

Assessed By

Information

GENERAL INFORMATION ABOUT THIS ASSESSMENT WORKBOOK

Please review the attached Document

 [1_-Information-Regarding-this-Assessment-Tool-V1_0-Mar20.pdf](#)

INSTRUCTIONS TO STUDENTS – HOW TO USE THIS TOOL

Please review the attached Document

 [2_-Instructions-to-Students-_-How-to-use-this-Tool-V1_0-Mar20.pdf](#)

STUDENTS PLEASE NOTE:

- Your suitability for this program has been determined at your Pre Training Review and again at Enrolment. If at any point you feel that this program is not suitable you are able to withdraw at any time. If this is the case please notify your trainer.
- A zero tolerance to cheating and plagiarism is taken with InterCare Training.
- If you the student are found to have cheated on any forms of assessment, including plagiarism of another's work, you will be required to re-sit an alternative assessment under the supervision of an assessor to confirm competence in this unit.
- You must satisfy the requirements for competency within this Assessment Workbook to achieve a competency outcome.

It is highly recommend that you keep a copy of all assessment work that you submit.

Evidence provided by you is retained for our records and not returned to you.

INDIVIDUAL ASSESSMENT MODES

The attached documentation provides information relating to the assessment.

Please review the attached Document

 [3_-Individual-Assessment-Modes-V1_0-Mar20.pdf](#)

LEARNING GUIDES

Primary resource, Please review the attached document

 [CHCAGE002-Implement-falls-prevention-strategies-_-Resource-_-InterCare.pdf](#)

POWERPOINT PRESENTATION

 [CHCAGE002-Implement-falls-prevention-strategies-_-PowerPoint-Presentation.pdf](#)

STUDENT ASSESSMENT DECLARATION

- ☒ I have undertaken sufficient activities within this unit of competency and I am ready to attempt the assessment required to demonstrate competency.
- ☒ I understand the assessment framework and requirements that will be used by an Assessor to make a formal judgement of my competency
- ☒ The work that I have submitted in this Assessment Workbook is my own.
- ☒ I understand that it is my responsibility to make a copy of my Assessment Workbook and any additional assessment evidence for my own records prior to submitting to my Assessor for marking.
- ☒ I understand the re-assessment process that will be followed if I am unsuccessful in gaining a satisfactory result in the required Assessment Modes.

Student Declaration

Please tick the box below to confirm all of the information above

- ☒ I confirm all of the above

Student Signature

If able please sign below:



ASSESSMENT MODE ONE

Assessment Mode Instructions:

Carefully read the assessment task requirements detailed below and complete as instructed. Completed Project and the required work sample evidence will need to be attached in the required section of this assessment.

Please ask your Assessor to clarify if needed.

The following Assessment tasks are individual assessment and **no group work is permitted**.

Assessment extensions can **only** be authorised by your Trainer.

Upon completion of this Assessment Mode's requirements, the Assessor must complete and sign the Assessment Mode Record of Result.

Student is also required to sign to confirmation feedback and understanding of Assessment outcome.

Assessment Task 1:

Knowledge Evidence

Research and complete the following:



1.

What are the current statistics of falls in older people in Australia?

The suggested response is approximately 25 - 40 words

People aged 65 and over were more likely to be hospitalised or die due to a fall compared with other life-stages. For falls in 2018–19: 58% of hospitalisations and 94% of deaths were for people aged 65 and over. 56% of hospitalisations and 53% of deaths were for females.

Assessors Comments (* if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

2.

How does the ageing process affect the risk of falls?

The suggested response is approximately 30 - 50 words

Change in Eyesight, Lower reflex, fracture, decreased independence, increased functional decline, anxiety and fear of falling.

Assessors Comments (* if applicable)

-

None

✓ Satisfactory

✗ Not Satisfactory

3.

a) What are the main factors, including stroke, that contribute to the risk of falls?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Muscle weakness, it can be caused through lack of physical exercise. Unsuitable footwear will be another reason of falls. As clients age they can lose height through degeneration of the spine. Overlong dressing gowns trailing on the floor can be a risk factor for falls. Deteriorating eyesight can also increase the risk of falls. Ageing process, skeletal and muscular systems, sensory systems, circulatory systems are also contribute to risk of falls.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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b) What is the impact of falls on older people and their carers?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Falls can cause adverse psychological impact, increased fear of falling again, decreased self-efficacy, and confidence in balance, Loss of mobility and independence, risk of nursing home admission, depression, Increased frailty.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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4.

How do you recognise deviations to a client's normal posture, gait and balance?

The suggested response is approximately 20 - 40 words or 2 – 3 detailed bullet points

To recognise the deviations to a client's normal posture, gait and balance I need to observe the client carefully and I have to monitor their daily activities. I will check the client progress notes on daily basis.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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5.

List three (3) medical causes of falls and how to recognise the signs of those causes.

The required response is three (3) examples and approximately 25 words for each

1. Dizziness, light-headedness and general weakness: can all cause falls and each condition may be a sign of an underlying medical issue. A fall may also be a symptom of serious illness, such as a heart attack, stroke, internal bleeding or pneumonia.
2. Osteoporosis: makes bones brittle and more susceptible to fracture. It is more common as people become older and especially in women after menopause. The risk of fracture after a fall is much more common for people who have osteoporosis.
3. Postural hypotension: is when a person's blood pressure drops when they stand or sit up after they have been lying down. It can cause imbalance or dizziness on standing and may occur in people who are taking anti-hypertensive or diuretic medications to treat high blood pressure.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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6.

Explain the physical and psychological effects of falls on older people and their carers.

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

A common complication of a fall is the fear of falling again. This psychological concern about falling can pose a significant threat to an older person's autonomy resulting in self-imposed activity restriction and a loss of confidence in their ability to ambulate safely. Carers can also get effected in many ways such as increased psychological distress, social restriction, and care giving burden among carers. Concerns about their care recipients falling have resulted in many carers adopting various strategies to prevent falls, including, increased vigilance and not leaving them alone at home.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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7.

a) Detail three (3) fall prevention strategies.

The required response is three (3) detailed strategies

1. Walking sticks - using walking poles will reduce the accumulated stress on the feet, legs, knees and back by sharing the load more evenly across the whole body. This is especially true when carrying a heavy pack on your back.
2. Hand rails - When a person loses balance on the stairs or suffers from muscle weakness, they may cling to the railing. Railings provide stability, which is especially crucial for those with mobility issues.
3. Wheel Chair - It benefits the physical health and quality of life of the users by helping in reducing common problems such as pressure sores, progression of deformities and improve respiration and digestion.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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b). For each fall prevention strategy detailed, list the indicators for halting that strategy.

The suggested response is approximately 2 – 3 bullet points per strategy

1. A strategy should be halted if it is no longer effective or if the older person is showing any signs of adverse physical, psychological or emotional adverse reaction.
2. A change in family circumstances or support networks may be an indicator that certain strategies should be halted.
3. A further fall may be an indicator that one or more strategies need to be halted.

Assessor Comments (*if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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8.

There are several legal and ethical considerations for working with older people, provide a brief explanation of each of the following:

The suggested response is approximately 30 - 50 words per response

a).

Duty of Care

The principle of duty of care is that you have an obligation to avoid acts or omissions, which could be reasonably foreseen to injure or harm other people. This means that you must anticipate risks for your clients and take care to prevent them coming to harm.

b).

Human Rights

Human rights includes the rights to not be discriminated against, be treated equally before the law, be presumed innocent until proven guilty, have one's privacy respected, move to and live, where one wants to within their country, visit another country, own property, be treated with dignity and respect, have identity, culture and diversity valued and supported, live without abuse and neglect, be informed about care and services in a way anyone can understand.

c).

Privacy, Confidentiality and Disclosure

In aged care, a patient's confidential health information may be disclosed if the aged care facility is required to by law, if doing so will lessen or prevent significant injury or worse, if public safety is threatened, or if the facility can successfully obtain consent.

d).

Work Health and Safety

To provide a safe work environment, including implementing measures to eliminate or minimise risks; to ensure that people at work are provided with information, instruction and training; and, to provide first aid and other appropriate medical attention in cases of emergency.

Assessor's Comments (if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

9.

What are the documentation requirements and why is it important to keep accurate, objective and appropriately detailed records?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Incident reports, Falls risk assessment, Progress notes and care plan. Documentation of information, which is accurate, current, relevant, available and accessible, supports workers to deliver safe, high-quality care by ensuring they have correct information.

Assessor Comments (*if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

10.

Research and provide two (2) Assessment tools used for Falls Risk Assessment. Explain their use and attach a copy using the upload link provided below.

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

1. Falls risk management and assessment tool - If falls risk have been identified a Falls risk assessment and management plan (FRAMP) is to be completed and interventions actioned for the falls risk factors that have been identified in the screen. The FRAMP is a summary of Australian best practice guidelines to reduce the falls in hospital.

2. Falls Risk for Older People in the Community Setting (FROP) - Rates falls risk on a number of factors including falls history, medications, medical conditions, sensory loss, foot problems, cognitive status, continence, nutritional status and function.

Upload Documents:

 FRAMP_Statewide_Form.pdf

21/05/2022 18:17

 frop_comscreen.pdf

21/05/2022 18:26

Assessor Comments (*if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

Assessment Task 2:

Norma is 83 years old of Torres Island decent and enjoys independent living at home with the assistance of her son Craig 60 years old and extended family. The home is single level with no internal or entry steps, however, the kitchen is quite small and the hallway is very cluttered. The bathroom and toilet are also small and still in original condition from when the home was purchased 30 years ago.

Recently Norma had a fall in the hallway due to the boxes stacked along one side. She has recovered but now requires a walking stick to assist with her mobility.

Craig has sought assistance as he is concerned with Norma's risk of falling again.



21/05/2022 19:02

1.

As Norma's new carer, what process should be followed to assist Norma?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

I will talk to the son and Norma to find out their concerns. I will listen to their issues carefully and then will document everything in the care plan notes to discuss it with my supervisor or manager so that we can find a solution for Norma's current situation.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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2.

Who would you liaise with to implement the required strategies?

The suggested response is approximately 20 - 40 words

I would liaise with client and will observe her doing the regular activities so that I can find where she is facing difficulty and write in notes to find the appropriate solution.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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3.

What impact has the fall had on Norma and Craig?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Norma recovered from a fall but now she needs a walking stick to assist her with mobility which is effecting her independence to do work freely. Due to Norma's fall Craig is more concerned for her health now and seeking assistance to help her. His workload is increased, going through financial stress and emotionally distressed.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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4.

When working with Norma and Craig what must you take into consideration?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

I need to consider their culture and need to read about them carefully before communicating with them as it is must to know about the clients culture before interaction so that you can not make them feel due to any reason. I also need to be vary careful to share the information with anyone.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 3:

Mr Armstrong is 80 years of age and lives in an aged care facility. He is behaving out of character with violent outbursts towards fellow residents and care team members. He has become noticeably drowsy and his posture has changed considerably. Mr Armstrong also insists on wearing his favourite loose-fitting slippers when he is walking around inside the facility.

Mr Armstrong had a fall six months ago, but luckily only experienced substantial bruising and no broken bones. However, on several recent occasions he has tripped and nearly fallen over again.

The care team members are concerned Mr Armstrong is at risk of another fall and discuss the issues at hand with their supervisor at a team meeting.

1.

How would you identify the factors that increase the risk of Mr Armstrong having a fall?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Drowsiness, change in posture, loose - fitting slippers, recent fall, his age, recent occasions when he tripped and nearly fallen over again.

Assessors Comments (* if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

2.

You need to discuss the issues with Mr Armstrong, what do you need to consider and how would you go about this discussion?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

1. I need to consider his violent behaviour with fellow residents and care team members.
2. I also need to take care that he likes to wear those loose slippers which are causing him problem.
3. His recent falls also need to be considered to make him understand what is good for him.

Assessors Comments (* if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

3.

The care team are concerned that Mr Armstrong's violent outbursts are caused by issues beyond their scope of practice, how could these issues be addressed?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Monitor, observe, document, report and follow up. Inform nurse or supervisor.

Assessor Comments (*if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

4.

What documentation and reports need to be completed in accordance with organisational policy and procedures?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Progress notes, care plan, risk assessment, incident report and WHS.

Assessor Comments (*if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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5.

Why is this documentation required and how often should it be updated?

The suggested response is approximately 25 - 50 words

These documents are required as the part of organisation policy so that everyone know who ever on duty about the current status of the client.

Assessor Comments (*if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 4:

Implement Fall Prevention Strategies

Mrs Brookes is 78 years old and has recently been diagnosed with Alzheimer's disease. She has a history of falling, nothing serious to date just severe bruising. Mrs Brookes' family have moved her into an aged care facility as they felt they could not provide adequate care.

Mrs Brookes, on occasion, wanders off and gets lost in the facility. Once the care staff locate Mrs Brookes they validate her feelings and redirect her back to her room.

The family brought some personal and familiar items from home for Mrs Brookes to have in her room. She was also fitted with soft-shield hip protectors and given both vitamin D supplementation and calcium.

Care team members are checking that Mrs Brookes is wearing the hip protectors and taking her vitamins daily.

1.

Explain why Mrs Brookes was wearing soft-shield hip protectors?

The suggested response is approximately 25 - 50 words

She is wearing soft-shield hip protectors to avoid the risk of falling which can happen due to Alzheimer's disease. Also, she has a history of falling and sometimes she wanders off and gets lost in the facility.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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2.

What are the benefits of providing Mrs Brookes with vitamin supplements?

The suggested response is approximately 25 - 50 words or 2 – 4 detailed bullet points

The risk of giving all those supplements is to support her bone health and to strengthen them.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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3.

How will Mrs Brookes care team members monitor her progress?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Her progress can be monitored using assessment tools, by regular observation, write progress notes and monitoring her posture.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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4.

Explain why it is necessary to discuss the care plan with Mrs Brookes and what factors you need to take into consideration.

The suggested response is approximately 25 - 50 words

As a client she has a full right to know about her care plan. The factors needs to be considered are change in behaviour, age, human rights, mobility and mental stability.

Assessor Comments (*if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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Assessment Task 5:

Monitor Falls Prevention Strategies

Mr Johnston is 90 years old and lives in a residential aged care facility. He has dementia and walks under staff supervision. His family requested that the care team raise the bed rails when he is in bed, as they were concerned he would get up without assistance and fall.

The care team discussed with the family the potential for injury if he manages to climb over the raised bed rails as well as informed them of their restraint reduction policy, which targets the reduced use of bed rails.

The care team repeated a falls risk assessment and developed a management plan aimed at reducing Mr Johnston's risk of falling. They addressed the risk factors for falling, including a medication review and reduction in medication. Mr Johnston was also issued with hip protectors, the bed was lowered when Mr Johnston was in it and positioned against a wall. They ensured all he needed was within his reach.

Despite their efforts Mr Johnston's family remained adamant that the bed rails be raised.

1.

Identify the issues in this situation?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

- 1. Client has a dementia and he can walk under supervision.
- 2. Family wants to raise her bed-rails but they are not ready to understand that it will cause a potential injury if he manages to climb the bed rails.
- 3. Reduction in medication will be the another issue in this situation.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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2.

Who did the care team discuss Mr Johnston's situation with and why?

The suggested response is approximately 10 - 25 words

Family members, doctor, supervisor, physio or anyone who is involved in his care.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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3.

Why is it necessary to review the outcomes of fall prevention strategies?

The suggested response is approximately 20 - 40 words

It is required to reduce the risk of falling, to review the medication and to implement the strategies which will be safe for him.

Assessor Comments (*if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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4.

Who should be involved with the review and celebration of positive results?

The suggested response is approximately 20 - 40 words

Client, carers, doctors, family members or everyone who is involved in his care.

Assessors Comments (* if applicable)

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None	✓ Satisfactory	✗ Not Satisfactory
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5.

Last week Mr Johnston got up from bed without assistance, climbed the bed rails and fell onto the floor breaking his hip.

What process do you follow if strategies have not had the desired results?

The suggested response is approximately 30 - 50 words or 3 – 5 detailed bullet points

Report to the supervisor, update the client notes with important information, document the incident, need to have meeting with the family members to discuss negative results and to find new strategies.

Assessor Comments (*if applicable)

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None

✓ Satisfactory

✗ Not Satisfactory

6.

Who would you need to consult to determine future strategies?

The suggested response is approximately 20 - 40 words or 2 – 4 bullet points

Everyone who is involved in his care, doctor, carers, family members.

Assessor Comments (*if applicable)

-

None

✓ Satisfactory

✗ Not Satisfactory

7.

What documentation and reporting is required to meet organisational policy and protocols?

The suggested response is approximately 20 - 40 words or 2 – 4 bullet points

Incident report, progress note and care plan.

Assessors Comments (* if applicable)

-

None

✓ Satisfactory

✗ Not Satisfactory

Assessment Complete:

Well Done!

**You have now completed
all the Assessment Tasks
in this workbook.**

**Your Trainer will advise
you on the next step in
completing your course.**

Please note that the following pages in this workbook are
Work Sample Evidence, Reasonable Adjustment,
Feedback on the Assessments and Overall Mode One
Assessment Outcome, these are only to
be completed if required.

**Please click below to save and
submit this workbook.**

Evidence Upload for Work Sample

Here you are able to upload evidence of your work sample, this can be photographs, video or audio evidence along with any file required.

-

Work Sample Evidence

Please identify the evidence that you upload in the table below

Attachment Number	Attachment Description	Attached Yes	Attached No
1.	-	<input type="checkbox"/>	<input type="checkbox"/>
2.	-	<input type="checkbox"/>	<input type="checkbox"/>
3.	-	<input type="checkbox"/>	<input type="checkbox"/>
4.	-	<input type="checkbox"/>	<input type="checkbox"/>
5.	-	<input type="checkbox"/>	<input type="checkbox"/>

Students Comments

-

Assessors Comments (* if applicable)

-

Reasonable Adjustment Information

Reasonable Adjustment Information

Reasonable Adjustment details applied to this student

Confirmation of verbal responses if required

☐ I declare that the student and I have verbally answered, clarified and provided the responses as listed above.

Verbal Response Upload

A audio recording along with any support evidence if required can be uploaded to the training record here.

-

What reasonable adjustment was made:

-

Why this adjustment was made:


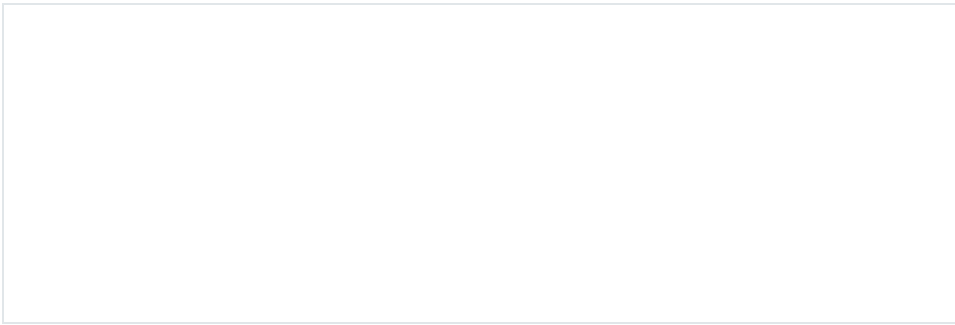
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Assessor Declaration

☐ I confirm that the reasonable adjusts have been made as listed above.

Assessor Signature

If able please sign below:

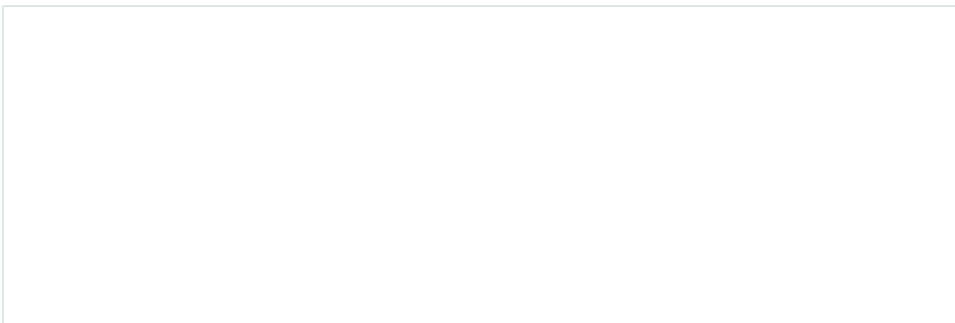


Student Declaration

☐ I agree with the reasonable adjustment made as listed above and I was consulted in the adjustments made to suit my individual needs.

Student Signature

If able please sign below:



Feedback on the Assessments

Feedback Form Instructions:

In an effort to continuously improve our Assessments, please feel free to document any feedback or suggestions you may have.

This feedback will be used by our programs and quality teams for further review and consideration.

Feedback:

-

Overall Mode One Assessment Outcome

Assessment Guide

Assessment Guide	
Satisfactory Outcome	The Assessor has reviewed the Assessment Workbook against the requirements of the Assessment Mode and is satisfied that all requirements have been met.
Not Satisfactory Outcome	The Assessor has reviewed the Assessment Workbook against the requirements of the Assessment Mode and is not satisfied that all requirements have been met.

Student Instructions

You are able to SAVE this assessment if required and this will allow you continue to make changes,

Once complete please SUBMIT this assessment.

Overall Assessment Outcome

None