

westmead home safety assessment

Westmead home safety assessment is an essential process designed to ensure that your living environment is secure, accessible, and tailored to meet the needs of all household members, especially those who may be vulnerable such as seniors or individuals with disabilities. Conducted by trained professionals, a comprehensive home safety assessment evaluates potential hazards, recommends modifications, and helps create a safer, more comfortable home. Whether you're aiming to prevent accidents, improve mobility, or comply with safety regulations, understanding the importance and components of a Westmead home safety assessment is vital for maintaining a high quality of life at home.

What Is a Westmead Home Safety Assessment?

A Westmead home safety assessment is a thorough review of your residence conducted by qualified safety experts. The goal is to identify risks and implement strategies to mitigate or eliminate hazards. This assessment considers various aspects of your home environment, including structural features, electrical systems, fire safety measures, and accessibility. It is particularly useful for older adults, individuals with mobility challenges, or families with young children.

The assessment typically involves a detailed walk-through of your entire home, during which the assessor observes and evaluates potential dangers. Once completed, a tailored report is provided, outlining recommended modifications, safety devices, or behavioral changes to enhance safety.

Why Is a Home Safety Assessment Important?

Ensuring safety within your home is crucial to prevent accidents that can lead to injuries or worse. Here are key reasons why a Westmead home safety assessment is beneficial:

- **Prevention of Falls and Injuries:** Many household accidents stem from tripping hazards, poor lighting, or unsafe flooring. Addressing these issues reduces fall risks.
- **Enhanced Accessibility:** Modifications like ramps, grab bars, and widened doorways make spaces more navigable for those with mobility challenges.
- **Early Hazard Detection:** Identifies electrical faults, fire risks, or structural weaknesses before they cause harm.

- **Peace of Mind:** Knowing your home is safe provides confidence for residents and their families.
- **Cost Savings:** Preventing accidents can avoid costly medical treatments and property damages.

Key Components of a Westmead Home Safety Assessment

A comprehensive assessment covers multiple aspects of your home environment. Below are the primary components evaluated:

Structural Integrity

- Checking for cracks, loose handrails, or unstable flooring that could pose fall risks.
- Ensuring stairs, ramps, and doorways are safe and compliant with accessibility standards.
- Assessing the stability of balconies, decks, and other elevated surfaces.

Fire and Electrical Safety

- Inspecting smoke alarms, carbon monoxide detectors, and fire extinguishers.
- Evaluating electrical wiring, outlets, and appliances for faults or overload risks.
- Recommending safe storage of flammable materials.

Lighting and Visibility

- Ensuring sufficient lighting in hallways, staircases, and key areas.
- Recommending motion-sensor or night lights to prevent trips during nighttime.

Bathroom and Kitchen Safety

- Installing grab bars, non-slip mats, and accessible fixtures.
- Checking for water heater safety and proper drainage.
- Ensuring appliances are in good working condition.

Accessibility Features

- Assessing the need for ramps, widened doorways, or stairlifts.

- Recommending adjustable countertops and accessible storage options.
- Ensuring switches and controls are within easy reach.

Environmental Hazards

- Detecting mold, dampness, or poor ventilation.
- Assessing for the presence of lead-based paint or asbestos if applicable.
- Ensuring proper insulation and temperature regulation.

The Assessment Process: What to Expect

Understanding what occurs during a Westmead home safety assessment can help homeowners prepare adequately. Typically, the process involves:

1. **Scheduling the Appointment:** Contact a certified assessor to plan a convenient time for the visit.
2. **Initial Consultation:** Discuss your concerns, specific needs, and any existing health conditions or mobility issues.
3. **Home Walk-Through:** The assessor inspects your home systematically, noting hazards and areas for improvement.
4. **Discussion of Findings:** Immediate feedback may be provided, with additional recommendations documented in a detailed report.
5. **Implementation Support:** Assistance in prioritizing modifications, sourcing safety devices, or connecting with tradespeople if needed.

Most assessments take between 1 to 2 hours, depending on the size of the home and complexity of issues.

Common Safety Modifications Recommended

Based on assessment findings, several modifications can significantly improve safety:

- Installing grab bars in bathrooms and toilets
- Adding non-slip mats in showers and tubs
- Replacing uneven or loose flooring

- Improving lighting fixtures and installing night lights
- Widening doorways or installing ramps for wheelchair access
- Upgrading electrical outlets and installing surge protectors
- Adding smoke and carbon monoxide detectors in strategic locations
- Securing rugs, cords, and other tripping hazards

These modifications not only prevent accidents but also promote independence and confidence within the home.

Choosing a Home Safety Assessment Provider in Westmead

Selecting the right professional for your assessment is crucial. Here are some tips:

- **Certification and Experience:** Ensure assessors are licensed or certified in home safety evaluations.
- **Specialization:** Look for providers experienced in working with seniors, disabled individuals, or specific household needs.
- **Reputation:** Seek reviews or testimonials from previous clients.
- **Comprehensive Service:** Opt for providers who offer tailored recommendations, installation support, and follow-up assessments.

In Westmead, numerous community health services, local councils, and private companies offer home safety assessments. It's advisable to compare options and choose a provider who aligns with your needs and budget.

Funding and Support for Home Safety Improvements

Financial assistance may be available to help cover the costs of safety modifications. Some options include:

- **Government Grants:** Programs like the Commonwealth Home Support Program (CHSP) or Ageing in Place grants.
- **Home Care Packages:** May include funding for safety upgrades as part of broader support services.
- **Local Community Initiatives:** Some Westmead community programs offer subsidies or discounted services.

Consult with your assessment provider or local council to explore eligibility and application processes.

Maintaining a Safe Home Environment

Safety is an ongoing process. Regular maintenance and periodic reassessments are recommended to ensure the home remains hazard-free. Consider:

- Scheduling annual or biennial safety reviews.
- Updating safety devices and fixtures as needed.
- Keeping pathways clear and clutter-free.
- Monitoring for new hazards, especially after renovations or changes in household members.

Encouraging a safety-conscious mindset among all household members further enhances overall security.

Conclusion: Prioritizing Safety in Westmead Homes

A Westmead home safety assessment is more than just a checklist; it's a proactive step towards fostering a secure living environment. Whether you're caring for aging loved ones, managing mobility challenges, or simply wanting peace of mind, investing in a comprehensive safety evaluation can have lasting benefits. By identifying potential hazards, implementing recommended modifications, and maintaining vigilance, homeowners can enjoy a safer, more accessible, and comfortable home. Don't wait for an accident to happen—schedule your assessment today and take the first step toward a safer Westmead residence.

Frequently Asked Questions

What is a Westmead Home Safety Assessment and why is it important?

The Westmead Home Safety Assessment is a comprehensive tool designed to identify potential hazards in a person's home environment, particularly for older adults or individuals with mobility challenges. It helps prevent falls and injuries by recommending safety modifications and ensuring a safer living space.

Who can benefit from a Westmead Home Safety Assessment?

Individuals at risk of falls or injuries, such as seniors, people with disabilities, or those recovering from illness or surgery, can benefit from this assessment to enhance their safety and independence at home.

How is a Westmead Home Safety Assessment conducted?

A trained assessor visits the home to evaluate various areas for hazards, including bathroom safety, stairs, lighting, and clutter. They then provide personalized recommendations to improve safety and reduce risk.

Does the Westmead Home Safety Assessment involve any costs?

Costs for the assessment vary depending on the provider and location. Some health services or community programs may offer free or subsidized assessments, so it's advisable to check with local agencies.

Can modifications recommended by the Westmead Home Safety Assessment be funded or supported?

Yes, there are often government grants, funding programs, or community resources available to assist with home modifications recommended during the assessment, making it easier for individuals to implement safety improvements.

Additional Resources

Westmead Home Safety Assessment is an essential service designed to evaluate the safety and security of residential properties, particularly tailored for vulnerable populations such as the elderly, individuals with disabilities, or families looking to enhance their home environment. In an era where home safety is increasingly prioritized, Westmead's assessment programs stand out

for their comprehensive approach, professionalism, and customized solutions. This article offers an in-depth review of Westmead Home Safety Assessment, exploring its process, benefits, features, and potential areas for improvement to help homeowners and caregivers make informed decisions.

Understanding the Westmead Home Safety Assessment

A Westmead Home Safety Assessment is a thorough evaluation conducted by trained professionals to identify potential hazards within a home environment. The goal is to mitigate risks, prevent accidents, and promote a safe, accessible living space. The assessment typically covers various aspects of the home, including physical structures, furniture placement, lighting, and safety devices.

Key Characteristics:

- Conducted by qualified occupational therapists or safety specialists.
- Tailored to individual needs based on health, age, and mobility levels.
- Provides customized recommendations for modifications or safety equipment.

The Assessment Process

The process of a Westmead Home Safety Assessment is methodical and client-focused, ensuring that each aspect of safety is considered. The typical steps include:

Initial Consultation

The process begins with an appointment where the assessor gathers information about the resident's health, mobility, and specific concerns. This step is crucial for understanding the context and tailoring the assessment.

On-Site Inspection

The assessor visits the home to perform a comprehensive evaluation, examining:

- Entry points and pathways for tripping hazards.
- Bathroom safety features such as grab rails and non-slip mats.
- Kitchen hazards, including sharp objects and hot surfaces.
- Lighting levels and potential dark spots.
- Furniture arrangement to prevent falls.
- Security measures like locks and alarm systems.
- Emergency preparedness features.

Report and Recommendations

Following the inspection, a detailed report is provided that outlines hazards identified and suggests specific modifications. These recommendations may include:

- Installing grab bars and handrails.
- Improving lighting or adding night lights.
- Removing clutter and securing loose rugs.
- Upgrading door and window locks.
- Installing smoke alarms or other safety devices.

Follow-up Support

Many services include follow-up visits or assistance in implementing recommended modifications, ensuring that suggested changes are effectively integrated.

Features and Benefits of Westmead Home Safety Assessment

The service is distinguished by several features that enhance its value and effectiveness:

- **Personalized Approach:** Each assessment is tailored to the resident's unique needs, considering their health, mobility, and living environment.
- **Professional Expertise:** Conducted by trained occupational therapists or safety specialists with extensive experience.
- **Holistic Evaluation:** Covers physical safety, security, emergency preparedness, and environmental hazards.
- **Practical Recommendations:** Focused on achievable modifications that improve safety without compromising comfort.
- **Inclusive Services:** Can cater to diverse populations, including seniors, individuals with disabilities, or families with young children.
- **Preventative Focus:** Aims to prevent accidents before they occur, reducing hospitalizations and emergency incidents.
- **Resource Connectivity:** Often provides links to community resources or funding options for modifications.

Pros:

- Enhances overall home safety.
- Reduces risk of falls, burns, and other accidents.
- Empowers residents with knowledge and solutions.
- Can be integrated with other health or social services.
- Promotes independence and confidence within the home.

Cons:

- Cost may be a barrier for some households.

- The assessment's effectiveness depends on timely implementation of recommendations.
- May require scheduling and coordination, especially for follow-up services.
- Not all modifications may be covered by insurance or funding programs.

Who Can Benefit from a Westmead Home Safety Assessment?

This service is highly beneficial for a wide range of individuals and households, including:

- Elderly residents: To prevent falls and support aging in place.
- People with disabilities: Ensuring accessibility and ease of movement.
- Families with young children: Identifying choking hazards and unsafe areas.
- Rehab patients: As part of recovery and adaptation to new mobility needs.
- Homeowners renovating for safety: Ensuring new modifications meet safety standards.

Integration with Broader Safety and Support Services

Westmead's assessments often work synergistically with other community services, such as:

- Home modification programs funded by government or charities.
- Occupational therapy for ongoing support.
- Emergency response planning.
- Health management services, including medication safety.

This integrated approach amplifies the benefits, ensuring a safer living environment long-term.

Cost and Accessibility

While the benefits are substantial, potential clients should consider the costs involved:

- Pricing: Costs vary depending on the scope of assessment and location. Some services may be subsidized or covered by health insurance or government grants.
- Availability: Services are generally available across regions, especially in urban centers, but may be limited in remote areas.
- Funding options: Many local governments and non-profit organizations offer

financial assistance for home modifications following assessments.

Customer Satisfaction and Feedback

User reviews often highlight the professionalism and thoroughness of Westmead assessments. Many clients appreciate the personalized recommendations and the practical nature of suggested modifications. Positive feedback emphasizes increased safety, peace of mind, and improved independence for residents.

However, some critiques note that scheduling can sometimes be delayed due to high demand, and that implementing all recommendations can be financially challenging for some households.

Final Thoughts and Recommendations

The Westmead Home Safety Assessment is a valuable service for anyone looking to create a safer, more accessible home environment. Its comprehensive, client-centered approach ensures that hazards are identified and addressed effectively, promoting independence and reducing the risk of accidents.

To maximize benefits, clients should:

- Act promptly on recommendations.
- Explore available funding or assistance programs.
- Combine assessments with other safety measures and health services.

Overall, Westmead's commitment to safety and personalized care makes it a trusted choice for home safety evaluations, especially for vulnerable populations. Investing in such an assessment can significantly enhance quality of life, peace of mind, and long-term well-being.

In summary:

- Pros: Personalized, comprehensive, professional, preventative.
- Cons: Cost, scheduling, implementation challenges.
- Ideal for: Seniors, individuals with disabilities, families, rehab patients.

Home safety is an investment in health and independence. The Westmead Home Safety Assessment offers a structured, professional pathway to safer living spaces, making it an essential service for those prioritizing health, security, and peace of mind.

Westmead Home Safety Assessment

westmead home safety assessment: Home Fall Hazards Lindy Clemson, 1997

westmead home safety assessment: The Encyclopedia of Aging Richard Schulz, 2006
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westmead home safety assessment: Falls in Older People Stephen R. Lord, Catherine Sherrington, Hylton B. Menz, Jacqueline C. T. Close, 2007-03-01 Since the first edition of this very successful book was written to synthesise and review the enormous body of work covering falls in older people, there has been an even greater wealth of informative and promising studies designed to increase our understanding of risk factors and prevention strategies. This second edition, first published in 2007, is written in three parts: epidemiology, strategies for prevention, and future research directions. New material includes recent studies covering: balance studies using tripping, slipping and stepping paradigms; sensitivity and depth perception visual risk factors; neurophysiological research on automatic or reflex balance activities; and the roles of syncope, vitamin D, cataract surgery, health and safety education, and exercise programs. This edition will be an invaluable update for clinicians, physiotherapists, occupational therapists, nurses, researchers, and all those working in community, hospital and residential or rehabilitation aged care settings.

westmead home safety assessment: An Occupational Therapist's Guide to Home Modification Practice Elizabeth Ainsworth, Desleigh de Jonge, 2024-06-01 Older people and people with a disability have a right to be included in all aspects of home and community life, and yet, environmental barriers continue to exist in the built environment. There are concerns about how well homes can support older people and people with a disability over time as their needs change. Occupational therapists are well suited to determining the most appropriate home modification solutions to address environmental barriers. They possess the knowledge and skills necessary to evaluate people's current and future needs in the context of the nature and use of the environment and can work collaboratively with design and construction professionals to develop solutions. To be comprehensive and effective in their approach, occupational therapists need to understand not only the individual's requirements, but also, the ethical and legal contexts for practice, the technical aspects of the built environment, the relevance and intent of access standards and design approaches, and the application of a range of products and finishes. An Occupational Therapist's Guide to Home Modification Practice, Second Edition by Elizabeth Ainsworth and Desleigh de Jonge and their team of expert contributors provides comprehensive information to inform occupational therapists about current practice and research. This includes the authors using a transactional approach to examine the person-occupation-environment interaction and providing occupational therapists with a detailed understanding of the various dimensions of the home environment that can impact on client's home modification decisions. New material has been provided relating to research and practice issues, such as an overview of the latest home modification outcome research findings as documented in literature; an update on outcome evaluation; new research information about the dimensions of the home impacting on decision making; additional information grabrail and ramp prescription; and the inclusion of new case studies illustrating minor and major modification solutions for clients who present with diverse needs. In the Second Edition you'll find: A detailed understanding of aspects of the home environment that impact home modification decisions A review of legislative environment and funding systems that facilitate service delivery An overview of home modification services, as well as future trends A range of comprehensive case studies — illustrated by photographs Additional theory to inform knowledge, and skill development, that can be used in home modification practice worldwide Included with the text are online supplemental materials for faculty use in the classroom.. An Occupational Therapist's Guide to Home Modification Practice, Second Edition provides a range of resources and tools, and it can be used as a teaching aid to support students, interns, and novice therapists or as a manual for reflection and practice for more experienced home modification practitioners.

westmead home safety assessment: Handbook of Occupational Therapy for Adults with Physical Disabilities William Sit, Marsha Neville, 2024-06-01 Handbook of Occupational Therapy for Adults With Physical Disabilities by Drs. William Sit and Marsha Neville provides quick and essential information for occupational therapists that are new to the adult practice setting. This handbook is primarily organized by body system into six sections: Occupational performance as a whole Central nervous system Peripheral nervous system, cranial nerves, and sensory system Musculoskeletal system Cardiovascular, lymphatic, respiratory, and integumentary systems Endocrine, digestive, urinary, and reproductive system At the beginning of each section, you will find a case study based on clinical experience that embodies the chapter subject. Within each section information is broken down into important aspects of the evaluation process, and then followed by the implications of each system on occupational therapy intervention. Handbook of Occupational Therapy for Adults With Physical Disabilities also includes a summary chart where readers can quickly and easily find the purpose, context, form, cost, and contact information for each assessment. Handbook of Occupational Therapy for Adults With Physical Disabilities is ideal for occupational therapy students, recent graduates, and practitioners who are newly entering an adult physical disability practice setting.

westmead home safety assessment: *The Occupational Therapy Handbook: Practice Education* Tracey Polglase, Rachel Treseder, 2012 Written specifically for occupational therapy students, newly qualified occupational therapists and educators and is a useful reference guide for academic tutors. The Occupational Therapy Handbook reflects modern day occupational therapy practice and education. The editors have created a current user-friendly text book specifically in relation to Practice Education, particularly in light of the developing role of occupational therapy in current practice. Many developments in practice education have re-focussed the value that the profession places on occupation, particularly in role emerging placements and expanding areas of practice. These developments are captured in this text. Other texts that have been produced have predominantly had a multi-professional focus and not addressed all the key occupational therapy issues in the depth required. There is always something to learn, irrespective of your level of expertise.

westmead home safety assessment: Functional Performance in Older Adults Bette R Bonder, Vanina Dal Bello-Haas, 2008-10-31 The ideal resource for rehabilitation professionals who are working with or preparing to work with older adults! It describes the normal aging process, illustrates how health and social factors can impede an aging person's abilities, and demonstrates how to develop mechanisms for maximizing the well-being of older adults.

westmead home safety assessment: Occupational Therapy for People Experiencing Illness, Injury or Impairment - E-Book Michael Curtin, Mary Egan, Yeliz Prior, Tracey Parnell, Roshan Galvaan, Katrine Sauvé-Schenk, Daniel Cezar Da Cruz, 2024-09-17 Occupational Therapy for People Experiencing Illness, Injury or Impairment is a seminal textbook that has been used in preregistration occupational therapy education for more than 40 years. Now in its eighth edition, it reflects significant developments within the occupational profession and the contexts of the delivery of health and social care when working with people who experience illness, injury or impairment to promote occupational participation. It is highly regarded for its level of detail, its practical approach, and the breadth of its content, with input from multiple authors from around the world. Fully updated and built around the professional concepts and processes to promote occupational participation this invaluable resource will enable occupational therapists link theory with day-to-day practice, reflect on the knowledge, expertise and attitudes that inform their work and practice in a critically reflexive way. - Practical text and online assets link theory with day-to-day practice - Collaborative-relationship-focused, inclusive and strengths-based language - Summaries and key points for each chapter make navigation easy - Focus on working with groups, communities and populations in addition to working with individuals, reflecting the evolving and expanding scope of practice - Practice stories throughout the text, and detailed practice stories in Section 5, inviting the reader to reflect on the information, skills and attitudes that inform practice - Online multiple choice

questions and questions for reflection at the end of each chapter enable readers to assess and apply their knowledge

westmead home safety assessment: *Physiotherapy and Occupational Therapy for People with Cerebral Palsy* Karen Dodd, Christine Imms, Nicholas F. Taylor, 2010-03-08 This book is a practical resource for physiotherapists and occupational therapists who support people with cerebral palsy, helping them to solve the problems with movement and other impairments that so often accompany cerebral palsy, so that they can be more active and better able to participate in roles such as study, work, recreation and relationships. The first chapters provide the background to the clinical reasoning approach that informs the whole text, as well as an overview of therapeutic interventions. The subsequent chapters present clinical situations that therapists will encounter in the course of their work with individuals with cerebral palsy across the lifespan. Each chapter describes a case in detail, including the reasoning behind assessment and treatment choices, interventions and outcomes. The themes emphasized throughout the book are the use of the clinical reasoning approach of the intervention process model, the International Classification of Functioning, Disability and Health as a framework to help therapists inform patient and family decision-making, family-centred approaches in developing and implementing therapeutic strategies, and multidisciplinary team work.

westmead home safety assessment: *Legal Aspects of Occupational Therapy* Bridgit C. Dimond, 2011-08-02 Since publication of the original edition in 1996, this book has established itself as an essential text for occupational therapists. It offers an understanding of the law relating to their practice, but is written to be accessible for those who have no prior legal knowledge. The text provides valuable information for occupational therapists employed in health and social services, as well as the law relevant to private practitioners. The book includes chapters on all the main client groups and presents the relevant specialist law. Students and teachers of occupational therapy will find the chapters on professional registration, education, training and research of particular interest. The third edition has been substantially revised to cover significant changes in legislation since the previous version. There is also a brand new chapter on the subject of death and dying. *Legal Aspects of Occupational Therapy* remains a key resource for the occupational therapy student, practitioner and service manager.

westmead home safety assessment: *Oxford Textbook of Geriatric Medicine* Jean-Pierre Michel, B. Lynn Beattie, Finbarr C. Martin, Jeremy D. Walston, 2018 The third edition of the definitive international reference book on all aspects of the medical care of older persons will provide every physician involved in the care of older patients with a comprehensive resource on all the clinical problems they are likely to encounter, as well as on related psychological, philosophical, and social issues.

westmead home safety assessment: *Occupational Therapy for Physical Dysfunction* Diane Powers Durette, Sharon A. Gutman, 2020-01-30 Designed to help students become effective, reflective practitioners, this fully updated edition of the most widely used occupational therapy text for the course continues to emphasize the “whys” as well as the “how-tos” of holistic assessment and treatment. Now in striking full color and co-edited by renowned educators and authors Diane Powers Durette and Sharon Gutman, *Occupational Therapy for Physical Dysfunction*, Eighth Edition features expert coverage of the latest assessment techniques and most recent trends in clinical practice. In addition, the book now explicitly integrates “Frames of Reference” to help students connect theories to practice and features a new six-part organization, thirteen all-new chapters, new pedagogy, and more.

westmead home safety assessment: *Occupational Therapy Essentials for Clinical Competence* Karen Jacobs, Nancy MacRae, 2024-06-01 Occupation, theory-driven, evidence-based, and client-centered practice continue to be the core of the profession and are the central focus of *Occupational Therapy Essentials for Clinical Competence*, Third Edition. The Third Edition contains updated and enriched chapters that incorporate new perspectives and evidence-based information important to entry-level practitioners. The Third Edition continues to relate each chapter to the

newest ACOTE Standards and is evidence-based, while also addressing the guidelines of practice and terms from the AOTA's Occupational Therapy Practice Framework, Third Edition. Dr. Karen Jacobs and Nancy MacRae, along with their 61 contributors, introduce every topic necessary for competence as an entry-level practitioner. Varied perspectives are provided in each chapter with consistent references made to the relevance of certified occupational therapy assistant roles and responsibilities. Additionally, chapters on the Dark Side of Occupation and Primary Care have been added to broaden the foundational scope of knowledge. Each chapter also contains a clinical case used to exemplify relevant content. New in the Third Edition: All chapters have been updated to reflect the AOTA's Occupational Therapy Practice Framework, Third Edition Updated references and evidence-based practice chart for each chapter Updated case studies to match the current standards of practice References to the Occupational Therapy Code of Ethics (2015) Faculty will benefit from the multiple-choice questions and PowerPoint presentations that coincide with each chapter Included with the text are online supplemental materials for faculty use in the classroom. Occupational Therapy Essentials for Clinical Competence, Third Edition is the perfect multi-use resource to be used as an introduction to the material, while also serving as a review prior to sitting for the certification exam for occupational therapists and occupational therapy assistants.

westmead home safety assessment: *Stepping On: Building Confidence and Reducing Falls* 3rd edn Lindy Clemson, Megan Swann, 2019-11-01 The Stepping On program is a community-based falls-prevention program that shows participants how to reduce falls, increase confidence and maintain personal independence. Originally developed in Australia, based on research and scientifically proven to work, the Stepping On program is now internationally recognised as best practice in falls prevention. The Stepping On manual is aimed at health workers with a passion for aged care. It offers a step-by-step guide to running the seven-week group program, plus essential background information. Topics covered include understanding the risk of falls, identifying home hazards, the role of vision in causing and preventing falls, staying safe in public places, strength and balance exercises, and much more. The manual includes a guide to useful resources, handouts for group participants, and suggestions for recruitment and evaluation. This new edition has been thoroughly revised and redesigned to incorporate cutting-edge research, professional feedback, and over fifteen years' experience of running of the program. As well as the latest fall-prevention research, the revised manual contains an expanded section on working with culturally and linguistically diverse groups, simplified exercises for participants to do at home, and new stories and illustrations. 'This is an invaluable manual incorporating the latest evidence for falls prevention in the community.' Professor Lyn March AM, University of Sydney and Royal North Shore Hospital, Sydney 'This new Stepping On manual will be a wonderful resource for many health professionals like myself who work with patients who have had falls and fractures. It is definitely my "go-to" resource in our very busy clinic!' Lillias Nairn, North Shore Ryde Health Service A range of handouts and supplementary materials are available for download. Please click on the Table of Contents tab for links to download the supplementary materials.

westmead home safety assessment: *Practical General Practice* Alex Khot, Andrew Polmear, 2011-11-18 Practical General Practice is a highly practical manual, specifically designed for use during the consultation process. Containing over 1000 conditions, the unique underlying structure of the book allows the GP to see immediately what treatment is recommended and why. All recommendations are highly specific - giving a firm guide to the GP during the consultation process rather than a list of possibilities that the GP might wish to consider. Bullet points for action which give the GP an immediate summary of the issues that must be covered in the consultation. Bullet points of the key evidence which justifies those recommendations. All chapters thoroughly revised, to reflect changes in the evidence, and in major guidelines, since the last edition. NNT values provided when available

westmead home safety assessment: *Occupational Therapy and Older People* Anita Atwal, Ann McIntyre, 2013-02-12 This book locates older people as major clients of occupational therapy services. It provides a comprehensive resource for students and a basic working reference for

clinicians. The book encompasses current theories, debates and challenges which occupational therapists need to engage in if they are to provide pro-active and promotional approaches to ageing. Detailed coverage of bodily structures, functions and pathologies leads onto chapters dedicated to activity, occupation and participation. The ethos of the book is to inspire innovation in the practice of occupational therapy with older people, promoting successful ageing that entails control and empowerment. This new edition has been fully revised and updated. In addition brand new material has been included on occupational transitions (retirement, frailty and end of life); user perspectives; public health including advocacy, enablement and empowerment; people entering old age with disability and mental health conditions; visual impairment; assistive technology driving and ageism.

westmead home safety assessment: Assistive Technology C. Sik-Lányi, E.-J. Hoogerwerf, K. Miesenberger, 2015-08-27 Assistive Technology (AT) is the term used to describe products or technology-based services which support those with disabilities or other limitations to their daily activities, enabling them to enjoy a better quality of life. This book presents the proceedings of the 13th European Conference on the Advancement of Assistive Technology (AAATE 2015), held in Budapest, Hungary in September 2015. This biennial conference has established itself as a leading forum in the transdisciplinary area of Assistive Technology, providing a unique platform for the gathering of experts from around the world to review progress and challenges in the interdisciplinary fields which contribute to AT, such as research, development, manufacturing, supply, provision and policy. The theme of the 2015 conference is 'Attracting new areas and building bridges', and this book contains 138 reviewed papers and 28 poster presentations delivered at the conference, covering AT themes as diverse as aging, blindness, mobility, assisted living and accessibility for people with dementia and cognitive impairment. Offering a current overview of many aspects of AT, this book will be of interest to all those – from researchers and manufacturers to healthcare professionals and end-users – whose work or daily life involves the relationship between technology and disability.

westmead home safety assessment: Marcus and Feldman's Osteoporosis David W. Dempster, Jane A. Cauley, Mary L. Bouxsein, Felicia Cosman, 2020-10-08 Marcus and Feldman's Osteoporosis, Fifth Edition, is the most comprehensive, authoritative reference on this disease. Led by a new editorial team, this fifth edition offers critical information on reproductive and hormonal risk factors, new therapeutics, ethnicity, nutrition, therapeutics, management and economics, comprising a tremendous wealth of knowledge in a single source not found elsewhere. Written by renowned experts in the field, this two-volume reference is a must-have for biomedical researchers, research clinicians, fellows, academic and medical libraries, and any company involved in osteoporosis drug research and development. - Summarizes the latest research in bone biology and translational applications in a range of new therapeutic agents, including essential updates on therapeutic uses of calcium, vitamin D, SERMS, bisphosphonates, parathyroid hormone, and new therapeutic agents - Recognizes the critical importance of new signaling pathways for bone health, including Wnt, OPG and RANK, of interest to both researchers who study bone biology and clinicians who treat osteoporosis - Offers new insights into osteoporosis associated with menopause, pre-menopause, chronic kidney disease, diabetes, HIV and other immune disorders

westmead home safety assessment: Occupation Analysis in Practice Lynette Mackenzie, Glyn O'Toole, 2011-03-23 Occupation Analysis in Practice is the essential book for all future and current occupational therapists. It offers a practical approach to the analysis of occupations in real world practice. The book frames occupation as the key component for analysis and builds upon previous work limited to analysis at the activity level. It examines the interests, goals, abilities and contexts of individuals, groups, institutions and communities, along with the demands of the occupation. It presents examples of occupation analysis in different practice context including working with children, health promotion, indigenous health, medico-legal practice; mental health and occupational rehabilitation. The book has four sections. Section 1 introduces theoretical perspectives of the concept of occupation analysis and how such analysis relates to particular models of Occupational Therapy practice and the generic World Health Organisation International Classification of

Functioning, Disability and Health. Section 2 discusses analysis of particular components of occupation that support practice. These include culture, spirituality, home and community environments as well as self-care and leisure. Section 3 applies analysis of occupations to particular specialties encountered in practice. Section 4 considers the application of Occupation Analysis within professional reasoning and goal setting. FEATURES International team of contributors Examples of occupation analysis proforma Application to a wide range of practice areas. Glossary of key terms Includes the International Classification of Functioning, Disability and Health.

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