

# ASSISTED LIVING FACILITY FALL MANAGEMENT & LIFT ASSIST

The following Fall Management & Lift Assist Checklist is an educational tool to help area Assisted Living facilities in the development of their plans and to ensure that they have incorporated the 2015 Colorado Springs Fire Code requirements and the 2018 Code of Colorado Regulations 6 CCR 1011-1 Chapter 07.



## FALL MANAGEMENT PROGRAM:

- The assisted living residence shall develop policies and procedures to establish a fall management program. The program shall include the following:
  - Providing fall management education and materials to residents and family members.
  - Detailing in each resident's care plan the individualized approach necessary to address fall risk related to deficits in strength, balance and eyesight, or effects of medication as identified during the comprehensive resident assessment.
  - Providing resident engagement activities to improve strength and balance.
  - Routinely inspecting and maintaining a safe exterior and interior environment.
  - Providing staff training related to fall prevention.

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## LIFT ASSIST

- Each assisted living residence shall direct staff to assist residents who have fallen or are otherwise unable to independently get up off the floor.
- The assisted living residence's policy on staff providing lift assistance shall be made available to its local emergency medical responder.
- The assisted living residence shall ensure that it has trained staff available to evaluate residents who have fallen or are otherwise unable to independently get up off the floor and provide lift assistance when determined appropriate instead of relying on emergency medical responders.
- Each situation shall be evaluated to determine if the resident can be assisted in a safe manner such as when the resident has no pain and/or there is no change from baseline, the resident's mental status is unchanged from baseline, and there is no or minor bleeding.
- Once the situation has been evaluated, assisted living residence policy shall require staff to take the following actions:
  - Physically perform the lift assistance using techniques provided in staff training and monitor the resident.
  - Not lift and call 9-1-1 when the resident is unconscious, the resident's physical or mental status has declined from baseline, the resident experiences an increase in pain that is out of the ordinary when lifting is attempted, the resident wants 9-1-1 called, and/or the resident either can't assist in any way or refuses to assist because of pain, injury, or other physical complications.
- The assisted living residence shall promptly notify the resident's practitioner, family and/or legal representative of the occurrence of either circumstance along with information regarding the ALR's response.
- The assisted living residence's policy shall also require documentation of the action taken by staff and ongoing efforts to prevent a reoccurrence of the situation in the future.

## For More Information:

Colorado Springs Fire Department  
Community Education & Outreach Unit  
[coloradosprings.gov/carelink](http://coloradosprings.gov/carelink)