Free say-and-do preparation

Falls prevention conversation checklist.

A spoken preparation checklist for risk assessment. Use it to organise explanations and questions before your next rehearsal.

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Preparation practice, not clinical advice. This is a conversation planning guide, not a clinical procedure. Online rehearsal develops thinking and language; learn and practise physical skills in person with appropriate supervision.

How to use this checklist

Read the fictional task first. Work through each prompt out loud, using only the information supplied. Where a clinical detail is missing, say what you need to clarify rather than inventing it.

Ask about previous falls, usual mobility and the person’s priorities.

“Tell me about moving around at home and any recent falls.”

Explore the supplied scenario for individual and environmental risks.

“What makes it harder for you to move safely in this setting?”

Discuss a prevention plan with the person and appropriate team.

“Which of these changes would help you and feel workable?”

Explain the review plan and document agreed responsibilities.

“Let us confirm who will help and when we will review the plan.”

Check your explanation

• Ask about previous events and the person’s usual ability before suggesting a plan.

• Link each identified risk to a specific preventive action.

• Explain when the plan needs review and who needs the handover.

Watch for these omissions

• Using a risk label without an individual care plan.

• Assuming family can provide help without asking.

• Leaving new concerns unreported because a form is incomplete.

Connect it to a scenario

Use invented histories to discuss falls, skin integrity or a change in mental wellbeing. Consider mobility, cognition, environment, support and what matters to the person.

Repeat with a different fictional situation to check that your explanation responds to the task rather than a memorised script. Review the current ACSQHC Communicating for Safety Standard and RN Standards for Practice alongside supervised skills training.