

## **Stay Strong. Reduce your fracture risk in aged care facilities.**

7% of residents experience a fracture within 12 months of entering an aged care facility.

**Are you or a loved one moving into aged care facilities?  
These factors significantly increase your risk of fractures:**

- History of falls
- History of fractures
- Dementia
- Osteoporosis
- Certain medications: antidepressants such as selective serotonin reuptake inhibitors, antiparkinsonian drugs, or those with sedative properties
- Wandering: twice a day or more, at least six days a week, in ways that are disruptive or unsafe
- Nutrition: difficulty eating or requiring assistance with eating
- Complex health care needs: multiple long-term medical issues requiring extra care and medication management
- Frequent medical visits (within the last 12 months):
  - More than one GP visit
  - Five or more emergency department visits

- More than one consultant physician attendance

## **Personalised fracture risk reduction strategies**

Fractures can be prevented if we know what puts an individual at high risk! If any of these factors apply to you or your loved one, there are tailored strategies available to minimise your fracture risk.

When transitioning into aged care, nurses, general practitioners and allied health workers will meet you to understand your medical needs and personal preferences. Together, they will develop a personalised care plan that prioritises your safety and wellbeing.

During these initial discussions, it's crucial to speak with the Unit Manager about your increased risk of fractures. By doing so, you will ensure your care plan includes effective mitigation strategies tailored to your specific needs...

**reducing your fracture risk.**

