

# Personalised Risk Assessment Guide

## Personal Information

- Full name, date of birth, and contact details
- Next of kin or emergency contacts
- Medical history and current medical conditions
- Allergies and medications (including dosage and frequency)
- Cognitive ability (e.g., dementia, Alzheimer's)
- Communication preferences or aids (e.g., hearing aids, glasses)

Physical Health and Mobility	<ul style="list-style-type: none"><li>• Mobility Level: Can the person move independently or with assistance? Are they at risk of falls?</li><li>• Fall History: Any previous incidents of falls or near misses, and whether fall-prevention strategies are needed.</li><li>• Assistive Devices: Use of walkers, wheelchairs, canes, or hoists.</li><li>• Skin Integrity: Risk of pressure sores, bruising, or skin breakdown.</li><li>• Chronic Conditions: Conditions like arthritis, diabetes, heart disease, etc., that require ongoing monitoring.</li><li>• Nutrition and Hydration Needs: Dietary requirements, swallowing difficulties, or dehydration risks.</li></ul>
Mental Health and Cognitive Function	<ul style="list-style-type: none"><li>• Cognitive Ability: Level of cognitive impairment, if any (dementia, Alzheimer's).</li><li>• Mental Health: Any history of depression, anxiety, or other mental health issues.</li><li>• Capacity to Make Decisions: Assess whether the person can make informed decisions about their care.</li><li>• Behavioral Concerns: Any history of aggressive or withdrawn behavior and triggers.</li></ul>
Sensory Needs	<ul style="list-style-type: none"><li>• Vision: Any visual impairments or the need for specific aids (glasses, magnifiers).</li><li>• Hearing: Hearing impairments, need for hearing aids, or specific communication preferences (e.g., sign language).</li><li>• Touch: Sensitivity or loss of sensation that may impact their care (e.g., diabetic neuropathy).</li></ul>
Personal Preferences and Social Needs	<ul style="list-style-type: none"><li>• Cultural or Religious Preferences: Any specific cultural or religious needs that should be respected.</li><li>• Daily Routine Preferences: Preferred waking, eating, and bedtime routines.</li><li>• Social Engagement: Desired level of social interaction, activities, and access to community areas.</li><li>• Personal Interests: Hobbies or activities that improve quality of life.</li></ul>
Environmental Risks	<ul style="list-style-type: none"><li>• Living Environment: Assess risks within the care home (e.g., hazards such as slippery floors, steps, or poor lighting).</li><li>• Room Setup: Is the room adapted for their needs (e.g., easy access to bed, bathroom, emergency call buttons)?</li><li>• Fire Safety: Ability to evacuate in case of fire or other emergencies.</li></ul>

Safeguarding and Abuse Risks	<ul style="list-style-type: none"> <li>• Vulnerability to Abuse: Any factors that increase the risk of physical, emotional, or financial abuse.</li> <li>• Safeguarding Concerns: Any past experiences or current risks of abuse or neglect.</li> </ul>
Medication and Treatment	<ul style="list-style-type: none"> <li>• Medication Compliance: Ability to manage and take medications independently or with assistance.</li> <li>• Side Effects: Any known side effects of medications that may increase risk (e.g., dizziness, confusion).</li> <li>• Monitoring: Any specific medical conditions that require regular monitoring (e.g., blood pressure, blood sugar levels).</li> </ul>
Fall Prevention Measures	<ul style="list-style-type: none"> <li>• Risk Factors: Mobility issues, vision/hearing impairments, dizziness from medications.</li> <li>• Prevention Strategies: Use of grab bars, non-slip mats, mobility aids, appropriate footwear, and regular monitoring.</li> <li>• Environmental Modifications: Adjustments made to the environment to reduce fall risks.</li> </ul>
End-of-Life Preferences	<ul style="list-style-type: none"> <li>• Advance Directives: Presence of a living will, Do Not Resuscitate (DNR) orders, or other advance care plans.</li> <li>• Palliative Care: Any requirements for end-of-life care, hospice care, or preferences regarding comfort.</li> </ul>
Emergency Plans	<ul style="list-style-type: none"> <li>• Response to Emergencies: The individual's ability to understand and respond to fire alarms or other emergencies.</li> <li>• Emergency Contacts: Up-to-date information on who to contact in an emergency.</li> </ul>
Monitoring and Review	<ul style="list-style-type: none"> <li>• Frequency of Review: Regularly scheduled risk assessment reviews (e.g., monthly, quarterly).</li> <li>• Changes in Condition: Procedures for updating the assessment if the person's health or situation changes.</li> <li>• Care Team Involvement: Who is responsible for monitoring and updating the risk assessment.</li> </ul>

Date Completed:

Review Date:

Completed by: