



Happy Steps Pty Ltd: Home Safety Risk Assessment Policy

1. Our Priority: Your Safety, Your Independence

At Happy Steps, we're dedicated to helping you move freely and live fully in the comfort of your own home. This policy outlines our approach to working with you to identify and minimise potential risks in your home environment. We believe that a safe home is essential for promoting your independence and overall well-being.

2. Who This Policy Applies To

This policy applies to:

- All clients receiving in-home physiotherapy services from Happy Steps
- All Happy Steps team members providing services in clients' homes
- Family members, carers, and other individuals involved in the client's care, as relevant

3. Guiding Principles: Working Together for Your Safety

Our approach to home safety risk assessment is guided by these principles:

- **Client-Centered Care:** Your needs, preferences, and goals are at the heart of everything we do. We work collaboratively with you to identify and address risks in a way that respects your autonomy and promotes your ability to live in your own way.
- **Proactive Prevention:** We believe in taking a proactive approach to safety, identifying potential hazards before they lead to accidents or injuries.
- **Empowerment Through Education:** We aim to empower you and your support network with the knowledge and strategies to maintain a safe home environment.
- **Holistic Approach:** We consider all factors that may contribute to your safety, including physical, environmental, and functional factors.
- **Open Communication:** We are committed to clear and open communication with you, your family, and other healthcare providers to ensure a coordinated approach to safety.
- **Continuous Improvement:** We regularly review and update our practices to ensure we are providing the highest quality and safest care possible.
- **Fun and Engaging Approach:** While safety is paramount, we strive to make the risk assessment process as comfortable and engaging as possible, in line with our value of "Fun".

4. What is a Home Safety Risk Assessment?



A Home Safety Risk Assessment is a collaborative process where we work with you to:

- **Identify potential hazards** in your home that could lead to harm (e.g., trip hazards, poor lighting).
- **Evaluate the level of risk** associated with those hazards (i.e., how likely and how serious an injury could be).
- **Develop strategies to minimise or eliminate those risks**, promoting a safer environment for you to move freely and confidently.

5. Roles and Responsibilities: A Team Effort

Everyone plays a role in ensuring your safety at home:

- **Happy Steps Physiotherapists:** Our physiotherapists are trained to identify potential risks related to mobility, falls, transfers, and the use of assistive equipment. We will conduct thorough assessments, provide recommendations, and work with you to develop strategies to address these risks.
- **You (and Your Support Network):** We value your input and knowledge of your home environment. We encourage you to actively participate in the risk assessment process, share any concerns you may have, and work with us to implement agreed-upon safety measures.
- **Happy Steps Clinical Operations Team:** Our operations team oversees the risk assessment process, ensures that assessments are completed in a timely and thorough manner, facilitates communication between all parties, and supports the implementation of risk management strategies.

6. The Risk Assessment Process: Working With You

Here's what you can expect during a Home Safety Risk Assessment with Happy Steps:

- **Initial Discussion:** We'll begin by discussing your current situation, any concerns you have about safety in your home, and your goals for physiotherapy.
- **Home Observation:** With your permission, we will observe you moving around your home, performing everyday tasks, and using any equipment.
- **Targeted Assessments:** We may use specific assessment tools to evaluate your mobility, balance, strength, and other factors that can affect your safety.
- **Identifying Potential Hazards:** We will work with you to identify any potential hazards in your home, such as:
 - **Falls risks:** Uneven surfaces, clutter, poor lighting, stairs.
 - **Manual handling risks:** Difficulties with transfers, lifting, or repositioning.



- **Equipment safety:** Ensuring any equipment you use is in good working order and appropriate for your needs.
 - **Other relevant hazards:** Depending on your individual circumstances.
- **Developing a Plan:** We will work collaboratively with you to develop a plan to minimize or eliminate the identified risks. This may involve:
 - Modifying your home environment (e.g., removing clutter, improving lighting).
 - Recommending assistive equipment (e.g., walking aids, grab rails).
 - Providing education and training on safe movement techniques.
 - Developing a home exercise program to improve your strength and balance.
- **Documentation and Communication:** We will document the findings of the risk assessment and the agreed-upon plan in your care record. We will also communicate this information to other members of your care team, as appropriate, and with your consent.
- **Regular Review:** We will regularly review the risk assessment and plan with you to ensure it remains relevant and effective as your needs and circumstances change.

7. Promoting a Safe Environment: Practical Steps

We'll work with you to address a range of potential hazards, including:

- **Preventing Falls:** We'll assess your risk of falling and recommend strategies to improve your balance, strength, and mobility. We may also suggest modifications to your home environment, such as removing clutter, improving lighting, and installing grab rails.
- **Ensuring Safe Movement:** We'll assess your ability to move safely around your home and perform daily activities. We can provide education and training on safe transfer techniques, recommend appropriate assistive devices, and address any underlying physical limitations that may be contributing to your difficulties.
- **Equipment Safety:** We'll ensure that any equipment you use, such as walking aids or mobility devices, is in good working order, properly fitted, and used safely.



8. Your Right to Participate:

We encourage you to actively participate in the Home Safety Risk Assessment process. Your insights and preferences are essential to creating a safe and supportive environment that meets your individual needs.

9. Keeping Everyone Informed:

We will communicate the findings of the risk assessment and the agreed-upon plan to you and your support network in a clear and timely manner. We will also maintain open communication with your other healthcare providers, as appropriate, to ensure a coordinated approach to your care.

10. Our Promise to You:

Happy Steps is committed to providing you with the highest quality care and making sure you feel safe and supported in your own home. We regularly review our policies and procedures to ensure they reflect the latest evidence and best practices.

If you have any questions or concerns about home safety, please do not hesitate to discuss them with your Happy Steps physiotherapist or contact our Clinical Operations team.