

**Supplementary table: Strategies presented for individual falls risk factors**

Falls risk factor	Potential strategies presented
Falls history	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Bone density testing</li> <li>• Vitamin D testing and/or supplementation</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Hip protectors</li> <li>• Personal alarm</li> </ul>
Poly-pharmacy or fall-related medications	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• General practitioner medication review</li> <li>• Home Medicines Review</li> <li>• Specialist review</li> <li>• District nursing review</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Home Medicines Review</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Consideration of side effects of medication</li> <li>• Reminder system for timely taking of medications</li> </ul>
Medical conditions	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• General practitioner/specialist review</li> <li>• Pain management review</li> <li>• Medication review for dizziness</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Hip protectors</li> <li>• Peak body advice</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Assistive devices (e.g. gait aid suggestions)</li> <li>• Sunlight exposure</li> <li>• Care with positional change for dizziness</li> <li>• Increase hydration and decrease caffeine intake</li> </ul>
Impaired balance/mobility/low physical activity	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Physiotherapy assessment</li> <li>• Home exercise program and/or exercise class</li> <li>• Day/Respite Centre exercise options</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Assistive devices (e.g. gait aid)</li> <li>• Safety device (e.g. personal alarm, mobile phone)</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Adaptation of existing home exercise program</li> <li>• Functional and/or incidental activity</li> <li>• Joint review sessions (e.g. physiotherapy and Knowledge Broker)</li> <li>• Environmental modifications</li> <li>• Assistance of appropriate person for exercise program</li> <li>• Day/Respite Centre exercise options</li> <li>• Use of gait aid</li> <li>• Gait retraining</li> <li>• Guidelines for Physical Activity for Older Adults</li> <li>• Advice/practice for getting up off the floor</li> </ul>
Environmental hazards	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Occupational therapy home assessment</li> <li>• Assistive devices (e.g. rails in bathroom)</li> </ul> <p>Information and contacts provided for resources</p>

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	<ul style="list-style-type: none"> <li>• Home hazard review (Stay on Your Feet WA)</li> <li>• Assistive devices</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Environmental modification advice (including Dementia Enabling Environments)</li> <li>• Report community hazards</li> </ul>
Sensory loss	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Occupational therapy functional assessment</li> <li>• Community access assessment</li> <li>• Medical specialist review for somato-sensory loss</li> <li>• Podiatry review</li> <li>• Optometry review</li> <li>• Vision Australia (peak body for visual impairment)</li> <li>• Ophthalmology review</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Home hazard review</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Use of existing glasses</li> <li>• Use of single lens glasses for outdoors</li> <li>• Minimise glare</li> <li>• Night lights</li> </ul>
Incontinence	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Occupational therapy functional assessment</li> <li>• Continence clinic referral</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Assistive devices (e.g. commode)</li> <li>• Continence aids (e.g. pads)</li> <li>• Behaviour management strategies</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Toileting routine identification and/or implementation</li> <li>• Environmental modifications</li> <li>• Education/advice regarding the relationship between dementia, continence and nocturia</li> <li>• Easy to manage clothing</li> </ul>
Feet/footwear problems	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Podiatry review</li> <li>• Physiotherapy assessment if associated with balance</li> <li>• Medication review for foot swelling</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Footwear advice</li> <li>• Environmental modification</li> </ul>
Inadequate nutrition	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Regular weight check by general practitioner</li> <li>• Dietician review</li> <li>• Speech therapy review</li> <li>• Dental/denture review</li> <li>• Meals on Wheels</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Dietary Guidelines for Older Australians</li> <li>• National Alcohol Guidelines</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Monitor food intake/timing/number of meals</li> <li>• Readily accessible snack foods</li> <li>• Environmental modifications</li> </ul>

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	<ul style="list-style-type: none"> <li>• Enjoyable, independently managed foods</li> <li>• Moist, easy to swallow foods</li> <li>• Assistance with meal preparation and/or shopping</li> <li>• Decision-making with meals</li> <li>• Consistent routines/meal time practices</li> </ul>
Functional dependence	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Occupational therapy functional assessment, including community access</li> <li>• Physiotherapy functional assessment</li> <li>• Implement/increase support services</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Environmental modifications</li> <li>• Use of assistive devices (e.g. gait aids)</li> <li>• Advice/education regarding participation within limits and encouraging independence</li> </ul>
Functional behaviours	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Occupational therapy functional assessment</li> <li>• Physiotherapy functional assessment</li> <li>• Aged Care Assessment Service (ACAS)</li> <li>• Respite services</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Dementia Behavioural Management Advisory Service (DBMAS)</li> <li>• Support group options for caregiver</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Adaptation to person with dementia preferences</li> <li>• Relevant and acceptable activities outside the home</li> <li>• Additional and/or change in care providers</li> <li>• Identification of triggers</li> <li>• Positive communication strategies</li> <li>• Motivational strategies</li> <li>• Non-pharmacological approaches for managing behavioural and psychological symptoms of dementia</li> </ul>
General strategies applicable to any risk factor	<p>Referrals made</p> <ul style="list-style-type: none"> <li>• Creative funding/service provision arrangements to allow for greater flexibility</li> <li>• Use of health professionals with whom participants have rapport</li> </ul> <p>Information and contacts provided for resources</p> <ul style="list-style-type: none"> <li>• Provision of Alzheimer's Australia help sheets</li> </ul> <p>Other advice/education provided</p> <ul style="list-style-type: none"> <li>• Discussion of pros and cons of strategies, with joint decision-making encouraged</li> <li>• Repetitive reinforcement of strategies</li> <li>• Consideration of caregiver/person with dementia preferences</li> <li>• Alternative voice to caregiver (e.g. opinion of an authoritative figure)</li> <li>• Change in routine/practice</li> <li>• Consideration of new knowledge received in the context of the person with dementia and/or caregivers' lives</li> </ul>