APPENDIX FILE 1

(SDH site)

Pre-Hospital Discharge Survey

1) I think that older people who go home from hospital are at risk of falling over in the first 6 months.

   Strongly agree   Agree   Undecided   Disagree   Strongly disagree

2) I think that I will fall over at some point in the first 6 months after I return home.

   Strongly agree   Agree   Undecided   Disagree   Strongly disagree

3) I think that if a person falls over at home they are likely to get a mild injury (such as a skin cut or a bruise)

   Strongly agree   Agree   Undecided   Disagree   Strongly disagree

4) I think if I were to fall over I would be likely to get a mild injury (such as a skin cut or a bruise)

   Strongly agree   Agree   Undecided   Disagree   Strongly disagree

5) I think that if an older person falls over at home they are likely to get a serious injury (such as a sprain, bumped head or broken bone)

   Strongly agree   Agree   Undecided   Disagree   Strongly disagree

6) I think that if I were to fall over in the first 6 months after going home from hospital, I would be likely to get a serious injury

   Strongly agree   Agree   Undecided   Disagree   Strongly disagree

If you were to fall over while at home:

7) When would it most likely happen?

<table>
<thead>
<tr>
<th>Morning</th>
<th>Middle of day</th>
<th>Afternoon</th>
<th>Evening</th>
<th>Night time</th>
<th>Early morning</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 10 am</td>
<td>10 am – 2 pm</td>
<td>2 – 6 pm</td>
<td>6 – 10 pm</td>
<td>10 pm – 2 am</td>
<td>2 – 6 am</td>
</tr>
</tbody>
</table>

8) Where would it most likely happen?

1
bedroom / bathroom or toilet / kitchen / living area / outdoor area around my home/ outside in community

9) Please state at least one strategy that you think might be able to reduce your risk of falls in the first 6 months after you go home from hospital

Open response. (more than one answer if possible)

10) I am confident that I could............................................(insert the most important thing mentioned) to prevent myself from falling when I went home from hospital

Strongly agree      Agree      Undecided      Disagree      Strongly disagree

11) Something that might make it difficult for me to do the above strategy is

Open response.

12) I am very motivated to lower my risk of falls at home in the first 6 months after hospitalisation by using these strategies (referring to the “most effective” strategy that the participant has just identified).

Strongly agree      Agree      Undecided      Disagree      Strongly disagree

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