ARE YOU OR A LOVED ONE AT RISK FOR FALLS?

FALLS AMONG SENIORS
- 1 of every 3 people over the age of 65 fall a year
- For Seniors falls are the leading cause of
  - Injury
  - Hospitalization due to injury
  - Death due to injury

CONSEQUENCES OF FALLS
- Increase in Risk of Premature Death
- Decrease in Mobility and Independence
- Increase in Admittance to Nursing Homes or Long-term Care Facilities

THE RISK FACTORS FOR FALLS
- Tell your doctor if you or your loved one have the following risk factors
  - A previous fall in the last 6 months
  - Difficulty walking or getting out of bed or chairs
  - Difficulty maintaining balance while walking
  - Feeling weak or dizzy
  - Forget limitations or have a cognitive impairment such as Alzheimer’s

WHAT YOUR DOCTOR WILL DO
- After telling your doctor, he or she may perform a falls risk assessment
- If you are at risk, your doctor may refer you to a Physical Therapist or other care provider for follow-up

WHAT YOU CAN DO
- Pick up the brochure on fall prevention and preventing falls at home
- Keep exercising – maintaining strength & balance is a key in fall prevention
- Talk to your doctor about fall risk

In 2000:
- 1,600,000 Seniors were treated in emergency rooms for injuries related to falls
- 353,000 Seniors were hospitalized due to the injuries they sustained

In 1999:
- 10,000 Seniors died due to fall-related injuries
- 6,000 of those were 75 years or older