



Ageing Well Together Falls Prevention

FACTS ABOUT SENIORS AND FALLING

Falls are the main cause of injuries to seniors.

In Canada, falls cause:

- 65% of all injuries to seniors
- 85% of injury-related hospital admissions among seniors
- 58% of injury-related deaths among seniors
- 90% of all hip fractures to seniors

Falls are expensive.

- In Canada, the total cost of health care due to seniors' falls is \$1.4 billion per year.
- In Nova Scotia, falls among seniors cost the health care system \$72 million each year.

Falls cost more than just money.

- Injuries caused by falls result in pain, suffering and loss of independence.
- Seniors who have been injured in a fall are three times more likely to need nursing home placement than those who have not fallen.
- About 40% of admissions to long-term care facilities are related to falls.
- Fear of falling keeps seniors at home, leading to loneliness and lack of physical activity.

Falls are much too common.

- Each year, one out of every three seniors will fall. More than half of these seniors will fall more than once.
- Two-thirds of falls requiring hospitalization occur in the home.
- Women are three times more likely than men to be hospitalized for a fall-related injury.
- The older you are, the more likely you are to fall and be seriously injured.

There is good news too...

Working together, we can reduce the risk factors that cause falls. Making our homes and communities safer for seniors will make them safer for us all.

**Falls are the most preventable risk to seniors' health,
well-being and independence.**