

FALL FREE FRIDAY:



Facts About Falls

- 1 **ONE-FOURTH OF AMERICANS AGED 65+ FALLS EACH YEAR**
- 2 **FALLS ARE THE LEADING CAUSE OF FATAL INJURY AND THE MOST COMMON CAUSE OF NONFATAL TRAUMA-RELATED HOSPITAL ADMISSIONS AMONG OLDER ADULTS.**
- 3 **FALLS RESULT IN MORE THAN 3 MILLION INJURIES TREATED IN EMERGENCY DEPARTMENTS ANNUALLY, INCLUDING OVER 800,000 HOSPITALIZATIONS.**
- 4 **EACH YEAR ABOUT \$50 BILLION IS SPENT ON MEDICAL COSTS RELATED TO NON-FATAL FALL INJURIES AND \$754 MILLION IS SPENT RELATED TO FATAL FALLS.**
- 5 **WOMEN FALL MORE OFTEN THAN MEN**
- 6 **MORE THAN 95% OF HIP FRACTURES ARE CAUSED BY FALLING**
- 7 **THE COST OF TREATING FALLS IS PROJECTED TO INCREASE TO OVER \$101 BILLION BY 2030. THE FINANCIAL TOLL FOR OLDER ADULT FALLS IS EXPECTED TO INCREASE AS THE POPULATION AGES AND MAY REACH \$67.7 BILLION BY 2020.**
- 8 **ONE OUT OF EVERY 5 FALLS RESULTS IN SERIOUS INJURY—SPECIFICALLY HEAD TRAUMA**



Falls are not a normal part of aging and

FALLS ARE PREVENTABLE



Assessing Your Fall Risk



1 DETERMINING SAFETY WITHIN YOUR HOME; USE THE CDC'S CHECK FOR SAFETY BROCHURE

2 REVIEW YOUR MEDICATIONS, WITH YOUR DOCTOR OR PHARMACIST, FOR SIDE EFFECTS OF DIZZINESS OR SLEEPINESS



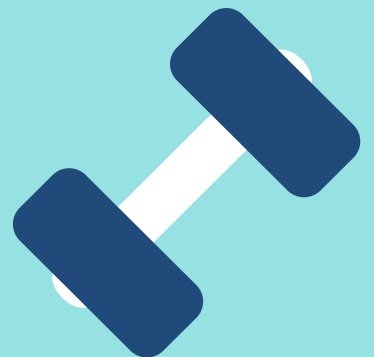
3 MAKE SURE YOU GET YOUR EYES CHECKED REGULARLY TO DECREASE YOUR RISK OF FALLS AND UPDATE YOUR GLASSES AND CONTACTS REGULARLY

4 HAVE YOUR FEET CHECKED AND ENSURE YOU ARE WEARING APPROPRIATE FOOTWEAR OR NON-SLIP SOCKS IN THE HOME



5 STAYING ACTIVE WILL DECREASE YOUR RISK OF FALLS IN THE HOME

6 GAIN KNOWLEDGE ON STEPS YOU CAN TAKE TO ENSURE YOUR SAFETY WHILE STAYING INDEPENDENT, USING THE CDC'S MYMOBILITY TOOL



Contact your health care provider today if you or your loved one has a history of falls or are at risk!

