



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.**