

Take action to prevent falls

For seniors, falls are the top cause of serious injury and injury-related death. Four in five hospitalizations for injury among seniors are due to a fall.

These facts come from a report released recently by Parachute. Parachute is Canada’s national charity for injury prevention. The ‘Cost of Injury in Canada’ report looks at the cost of injury to our society. That includes costs to the health-care system, to productivity, and to the people behind the numbers. Here are some more highlights:

The numbers

In a single year (2018), falls among seniors in Canada resulted in:

- 👉 4,849 deaths
- 👉 28,310 permanent disabilities
- 👉 94,529 hospitalizations
- 👉 424,609 emergency department visits.

Risk of a serious fall injury increases as we age. People over 65 are four times more likely to end up in hospital with a fall-related injury than those age 45-64.

Fall injuries cost the Canadian health care system \$10.3 billion a year. Seniors’ falls account for a little more than half of that cost.

What are the most effective ways to prevent falls?

- 👉 Exercise to build strength and balance
- 👉 Eat healthy food and drink plenty of water
- 👉 Manage your medications to prevent dizziness
- 👉 Safeguard your home
- 👉 Take your time, don’t rush
- 👉 Wear well-fitted shoes
- 👉 Use proper eyeglasses and hearing aids
- 👉 Think about using a mobility device, such as a cane, if needed

Parachute encourages everyone to **take action to prevent falls!**

More resources for older adults and their families

Fall prevention among older adults:
<https://parachute.ca/en/injury-topic/fall-prevention-for-seniors/>

Online resources for older adults and caregivers including home safety, healthy eating, and staying active, and vision-related tips:
<https://www.fallpreventionmonth.ca/adults/additional-resources-adults/information-for-older-adults-and-caregivers>

Take your exercise routine one step further with Active Aging Canada’s recent network article on balance training for preventing falls:
<https://www.activeagingcanada.ca/newsletter/active-aging-network/v01-issue005-2021-04-Take-Your-Exercise-One-Step-Further.htm>

References

1. Parachute. (2021). Potential Lost, Potential for Change: The Cost of Injury in Canada 2021. <https://parachute.ca/en/professional-resource/cost-of-injury-in-canada/>
2. Government of Canada. (2015). Seniors’ Falls in Canada – Infographic. <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report/seniors-falls-canada-infographic.html>