EVERYTHING YOU NEED TO KNOW ABOUT FALLS AMONGST OLDER ADULTS

AMONGST OLDER ADULTS

≥ 65 YEARS

ONE IN THREE community-dwelling elderly aged

ONE IN TWO aged > 80 YEARS

will have at least one fall within a year

In Singapore

falls account for 40% OF INJURY-RELATED DEATHS

about ONE-THIRD OF OLDER ADULTS aged 60 and above have fallen more than once

30% will experience recurring falls

A fall that is not addressed may lead to RECURRENT FALLS

According to the American Academy of Orthopaedic Surgeons

OLDER HIP FRACTURE PATIENTS

20% die within one year after their fall

25% make a complete recovery

50% BECOME DEPENDENT on a cane or walker

40% ADMIRED TO A NURSING HOME due to an inability to perform daily activities (eating, bathing, getting dressed and toileting)

FALLS CAN BE FATAL FOR OLDER ADULTS.

Bleeding in the brain

Devastating fractures that can lead to premature long term care admission

Psychological effects (i.e. fear of falling which can lead to anxiety, isolation, depression, decreased mobility and an overall decrease in the quality of life)

HOW TO MAKE HOMES SAFE FOR OLDER ADULTS

Installing neon strips along high risk areas such as the edge of stairs and raised curbs

Installing grab bars in areas like the toilet

Implementing non-slip floor covering such as rubber mats in the toilet and kitchen

Installing night lights

Using a sturdy commode or shower chair to make shower time more convenient and safe

Keeping commonly used items on lower shelves to prevent the need for climbing up frequently

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