

EVERYTHING YOU NEED TO KNOW ABOUT

FALLS AMONGST OLDER ADULTS

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ONE IN THREE community-dwelling elderly aged **≥ 65 YEARS**



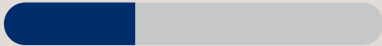
ONE IN TWO aged **> 80 YEARS** will have **at least one fall** within a year

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



ONLY 25%

make a complete recovery



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)



50%

BECOME DEPENDENT on a cane or walker



40%

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

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