

# FALLS IMPACT US ALL

Falls are a major health issue in Canada.

**\$2 Billion**

in **direct health care** costs

**\$\$\$\$**

much more in costs

to **personal wellbeing**



1 of 3 Seniors WILL FALL each year.



**Every 6 minutes**

a senior is taken to the  
Emergency Department from  
a fall

**95% of Hip Fractures**

occur from a fall



Total costs of  
**injuries**

due to falls

in Saskatchewan

(all ages)

**\$318 million** (2010)

How do falls happen?

Most falls happen during

**everyday activities:**

- **Stairs**, from a standing height or less, from furniture
- Loss of **balance** and inability to regain balance
- Risky **behavior**, not **paying attention**
- **Trip, Slip, Stumble**



**Prevention...**

- Know your risk factors for falling, and correct them!
- Be active, physically and socially for strength and balance
- Manage chronic health conditions
- Keep your bones healthy; exercise, calcium, Vitamin D
- Check for hazards at home and fix them
- Create an action plan in case you do fall
- Tell someone if you have fallen



**Working together  
to prevent falls.**

