



FALLS ARE THE LEADING CAUSE OF INJURY-RELATED MORTALITY

1 IN 4 PEOPLE OVER THE AGE OF 65 WILL FALL THIS YEAR. 33% OF THEM WILL REQUIRE MEDICAL HELP

EVERY 11 SECONDS AN OLDER ADULT IS TREATED IN THE EMERGENCY ROOM FOR A FALL



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Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.



VISIT US ON THE WEB

For more information, please visit our website. Let's build a healthy community together.

www.azstopfalls.org



FALL PREVENTION

Essential Tips to Reduce Your Chance of Falling or Help a Loved One Prevent Falls

www.azstopfalls.org





FALLS ARE COMMON, BUT PREVENTABLE

- ▶ Each year, there are about 3 million emergency department visits due to older people falls.
- ▶ In 2019, 83% percent of hip fracture deaths and 88% of emergency department visits and hospitalizations for hip fractures were caused by falls.
- ▶ The cost of treating injuries caused by falls is projected to increase to over \$101 billion by 2030.

The mission of the Arizona Falls Prevention Coalition is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy.

ESSENTIAL TIPS

For Fall Prevention



Have your healthcare provider review your medicines. Some medications can put you at risk for falls.



Exercise to improve your balance and strength.



Inspect your home for areas that can be fall hazards.



Schedule eye exams yearly.



Get your feet checked. Conditions like neuropathy, or circulation issues may cause falls.



Talk to your healthcare provider if you have concerns about falling.

WHAT TO DO AFTER A FALL



Stay calm. Assess for any injuries. Is there head trauma, bleeding, broken or other injuries.



Let someone know you fell. Tell your healthcare provider or go to the emergency room.



Healthcare professionals are there to help and support you. Please let them know what they can do to help.

Healthcare Professionals Are Here to Help and Support You

