

seniors first BC

FALL PREVENTION AT HOME

“Falls are the leading cause of injury among older Canadians with 20-30% seniors experiencing one or more falls each year.(Government of Canada, 2015).”

Every November in Canada is fall prevention month to help raise awareness about falls, which is the leading cause of injury for older adults in Canada. This blog post will take a look at why falling is such a big issue, the common causes of falls, and how we can prevent falls at home.



Source: [Fall Prevention Month](#)

Seniors more at risk from falls

Age is one of the key risk factors for falls. Older people often have the highest risk of death or serious injury from falling, and this risk only rises with age. This risk level can be linked to physical, sensory, and cognitive changes that are associated with aging, as well as a combination of environments that are not adapted for an aging population. Fall injuries can lead to disability, chronic pain, a loss of independence, and a reduced quality of life.

Here are some general statistics about falls in Canada:

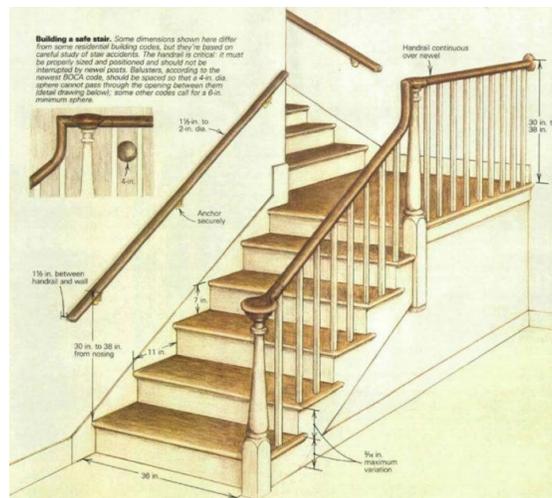
- 1 in 3 older Canadians fall each year
- 1 in 3 of those who fall are seriously injured
- 4 in 10 falls treated in hospitals involved broken (fractured) hips

- 50% of falls-related hospitalizations occur as a result of falls at home
- The average Canadian had to stay 10 days longer in the hospital than for any other cause.

How can we prevent falls?

Many falls can be prevented at home. Here are some strategies that can be adopted:

- Regular exercise and physical activity: exercising regularly helps prevent falls by making your bones and muscles stronger and more flexible.
- Having medication reviewed by healthcare providers or pharmacists: some medications or combinations of medications can lead to dizziness, which raises the risk of falling.
- Having hearing or vision checked: have regular check ups with an eye doctor at least once a year, since poor vision increases the risk of falling. Also, if you have hearing problems, consult a hearing specialist, since hearing issues can also increase the likelihood of falls.
- Making your home safer: your home can be made safer by removing tripping hazards, improving lighting, installing handrails and grab bars, wearing non-slip shoes, and keeping important items such as phones in close reach. Consulting an occupational therapist led Home Safety Assessment can also help make your home safer.



Source: [Safe Stairs](#)

What are some resources to prevent falls?

There are a number of useful resources that can help prevent falls and make your home safer.

[Finding Balance BC](#): a website with information and videos for fall prevention.

[BC Government Fall Prevention](#): a compilation of BC related resources from the BC government with BC related resources.

[Home Safety Checklist](#): a checklist from the government of BC that identifies some common areas with hazards to prevent falling and other injury.

[Canada Fall Prevention](#): A number of resources for British Columbians to reduce the risk of falls.

As we stay home for the winter, it's important to make sure we do our part in helping lower the risk of falls from our family and friends!

CONTRIBUTOR

Thank you to our volunteer Justin for writing this blog!

Reference Links:

- [Fall Prevention Month](#)
- [World Health Organization: Falls Fact Sheet](#)
- [Sinai Geriatrics: Preventing Falls at Home](#)
- [Government of Canada: Resources to Learn More About Fall Prevention](#)