

SENIORS' FALLS IN CANADA

FALLS are the **LEADING CAUSE OF INJURY** among older Canadians:
20-30% of seniors experience **1+** falls each year.

FALLS CAUSE:

85% of seniors' injury-related hospitalizations

95% of all hip fractures

\$2 Billion a year in direct healthcare costs

over **1/3** of seniors are admitted to **LONG-TERM CARE** following hospitalization for a fall



The average Canadian senior stays in hospital **10 DAYS longer** for falls than for any other cause



Falls **can result** in chronic pain, reduced mobility, loss of independence and even death



50% of all falls causing hospitalization **HAPPEN AT HOME**

↑ **INJURIES** due to falls rose **43% between 2003 and 2008**

↑ **DEATHS** due to falls rose **65% between 2003 and 2008**

The **good news is** that **falls are preventable** and action can be taken by all.

READ THE FULL REPORT FOR MORE AT:

www.publichealth.gc.ca/seniors