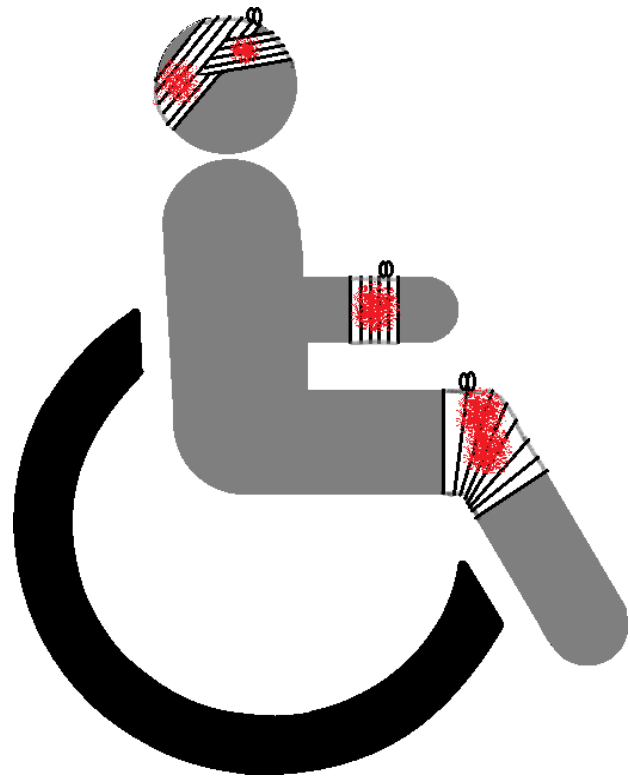




FALLS Facts in Elderly

Falls can be **devastating and deadly**.



- Falls are the leading cause of **injurious deaths** among the older adults.
- **1** out of **10** older adults suffer from serious injuries like **hip fracture** or **head injury**. This results in both **physical** and **emotional pain** as they **lose their independence**.

Falls can be **costly**

- **Falls** represent over half of the hospital admissions for accidental injuries.
- **Falls** related injuries are associated with substantial economic costs.



Falls are **preventable**



- Though **1 in 3** older adults above 65 years of age and **half** of those above 80 years of age fall yearly; **falls are preventable**.
- A **tailored exercise program** can reduce an individual risk of falling by up to **50%**.