

***Saskatchewan Health Authority defines a fall as:***

“An unexpected event that results in a person coming to rest on the ground or lower level with or without injury.”

**This would include:**

- Falls where the person is unable to explain the event but there is evidence that a fall occurred.
- Falls where the person is eased to the floor or lower level by another person.

**Did you know?**

- This year, one in three Canadians aged 65 and older will fall. One in two people over the age of 80 will fall.
- Falls are the leading cause of injury for seniors across Canada and account for 85 per cent of injury related hospitalizations.
- Ninety per cent of all hip fractures in seniors are the result of a fall.



*Healthy People,  
Healthy Saskatchewan*

**For more Information Contact:**

- **Fall Reduction and Injury Prevention**  
**306-655-2400**
- **Forever...in motion**  
**306-844-4080**
- **Staying on Your Feet**  
**306-655-3418**
- **Saskatoon Council on Aging**  
**306-652-2255**

# Are you at risk of a fall?



**Take steps to maintain  
your independence**

October 2020



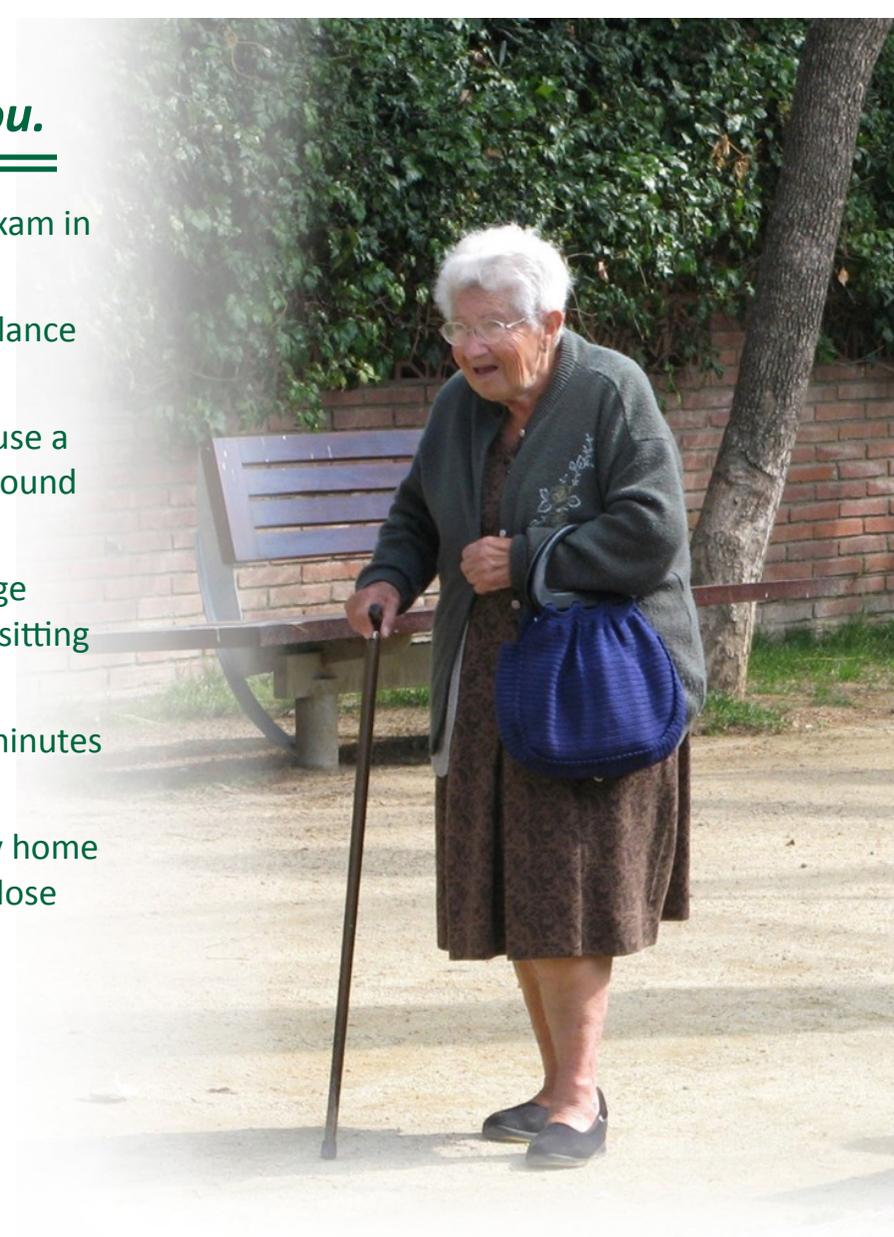
[saskhealthauthority.ca](http://saskhealthauthority.ca)



*Healthy People, Healthy Saskatchewan*

## ***Please check off the statements that are true for you.***

- I am 65 years or older.
- I have fallen in the past 12 months.
- I take less than 800 IU of Vitamin D<sup>3</sup> per day.
- I have experienced a broken bone at least once since I turned 40 years old.
- I am taking more than three medications each day.
- My concern of falling keeps me from doing the things I enjoy.
- I drink fewer than eight glasses of fluid each day.
- I often have to rush to the bathroom.
- I have not had an eye exam in the last two years.
- I sometimes lose my balance when I walk.
- I have been advised to use a walker or cane to get around safely.
- I feel dizzy when I change positions, such as from sitting to standing.
- I exercise less than 30 minutes a day.
- There are hazards in my home that could cause me to lose my footing or balance.



**If you have checked three or more of these statements, we urge you to talk to your health care professional about changes you can make to reduce your risk for a fall or injury.**