

Saskatoon Health Region 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?
- Between five and 25 per cent of falls result in serious injury?
- Falls are the cause of 57 per cent of all injury-related hospital admissions?
- Ninety per cent of all hip fractures in seniors are the result of a fall?



*Healthiest people
Healthiest communities
Exceptional service*

For more information contact:

- **Fall Reduction and Injury Prevention**
306-655-2400
- **Forever...in motion** 306-655-2286
- **Staying on Your Feet** 306-655-2287
- **Saskatoon Council on Aging**
306-652-2255

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Are you at risk for a fall?



Take steps to maintain your independence



Please check off the statements that are true for you.

- I am 65 years or older.
- I have not had an eye exam in the last two years.
- I have fallen in the past 12 months.
- I sometimes lose my balance when I walk.
- I take less than 800 IU of Vitamin D₃ per day.
- I have been advised to use a walker or a cane to get around safely.
- I have experienced a broken bone at least once since I turned 40 years old.
- I feel dizzy when I change positions, such as from sitting to standing.
- I am taking more than three medications each day.
- I exercise less than 30 minutes a day.
- My fear of falling keeps me from doing the things I enjoy.
- There are hazards in my home that could cause me to lose my footing or balance.
- I drink fewer than eight glasses of fluid each day.
- I often have to rush to the bathroom.



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 and injury.