

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.

We work together to improve our health and well-being. Every day. For Everyone.

To connect with a professional for more information call the Primary Health Care Info Line: 306.766.7200

OR

For more information on Healthy Active Living contact:

Regina Health Promotion

Phone: 306-766-7370

Email: healthpromotionsRQHR@saskhealthauthority.ca

Or visit our website:
<http://www.rqhealth.ca/departments/health-promotion>

Outside the Regina Area, contact your Healthcare Professional for information on services and Community Health Promotion Programs in your area.

Are you at risk of a fall?

Take steps to maintain your independence



saskhealthauthority.ca

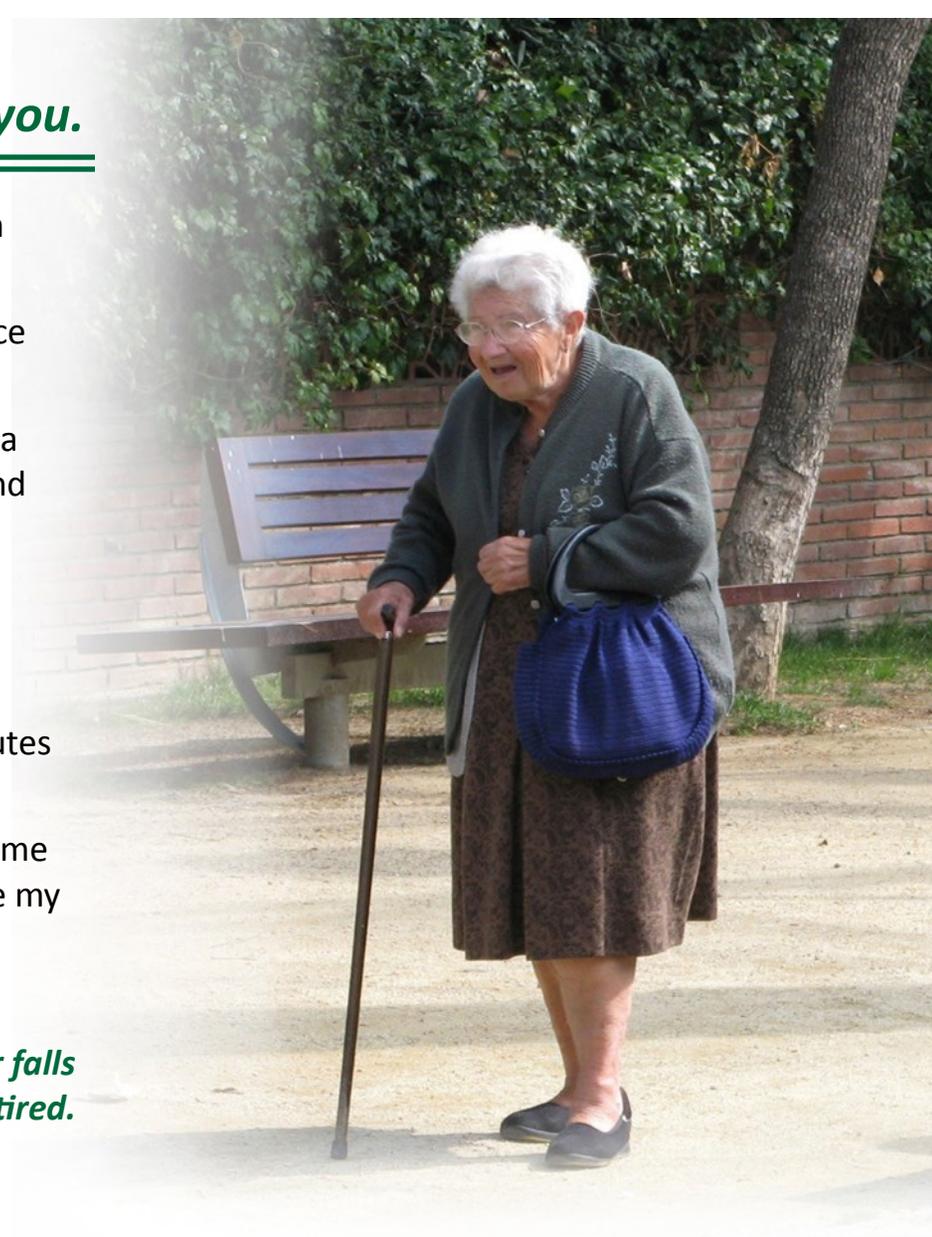


Saskatchewan Health Authority

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 D³ 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.

Please consider: Your risk for falls increase when you are ill or tired.



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.