

FALL PREVENTION NEWSLETTER



Did you Know?

January 2025

About every two minutes in Ontario, at least one older adult over the age of 65 visits an emergency department due to a fall. In fact, falls are the leading cause of injury among older adults.[1] In 2010, it was estimated that falls cost Canadians \$8.7 billion making it costlier than any other injury.[2] In 2017 in our community, fall-related injuries account for 33% of all injury-related emergency visits. The rate of hospitalization in Windsor Essex County was greater than the combined rate for the next five leading causes of injuries. Those hospitalized in Windsor-Essex from 2004-2013 for a fall-related injury will spend an average of 13.0 days in the hospital. In Windsor-Essex County, 20% of all injury-related mortalities are due to a fall.[3]

The good news is that most falls are predictable and preventable.

Warning Signs of Falls

Previous Falls: One fall in the past six months,

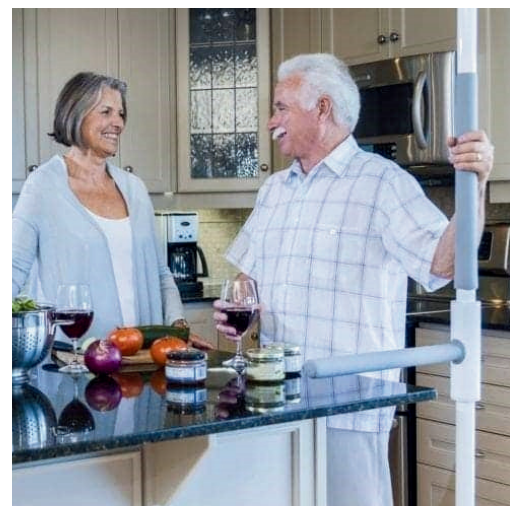
Fear of Falling: Afraid that you will fall.

Medications/Drugs: Using sedatives, fluid pills, recreational drugs, blood pressure pills or more than four medications.

Balance and Mobility: Any problems with balance or unable to raise from a chair

Medical Conditions such as Stroke or Parkinson's disease, osteoporosis, arthritis, dementia or Alzheimer's disease

Vision Problems: Blurred/double vision, difficulty seeing steps or walking in dim light



Tips to reduce the risk of falling

In addition to knowing the warning signs that increase fall risk, the following tips will help you identify safe practices to reduce the risk of falling:

1. Slow down and take time to be safe.
2. Be physically active for a total of 30 to 60 minutes most days.
3. Have your vision and hearing checked regularly.
4. Discuss your medication & supplements with your doctor or pharmacist.
5. Eat a healthy balanced diet, drink plenty of water & limit your alcohol.
6. When walking outside, be aware of your surroundings and watch where you step.
7. Use safety equipment such as canes, walkers, grab bars & rubber bath mats.
8. Wear non-slip shoes, boots & slippers that fit well & seek treatment for foot problems.
9. Use a night-light and keep a flashlight by your bed.
10. Complete our home safety checklist.



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References [1] Erie St. Clair Local Health Integration Network Regional Fall Prevention Current State Discussion Paper, November 2018

[2] https://parachute.ca/wp-content/uploads/2019/06/Cost_of_Injury-2015.pdf

[3] https://www.wechu.org/sites/default/files/reports-and-statistics/Injury_Profile_of_Windsor_and_Essex_County_December_2015_ACCESSIBLE.pdf