

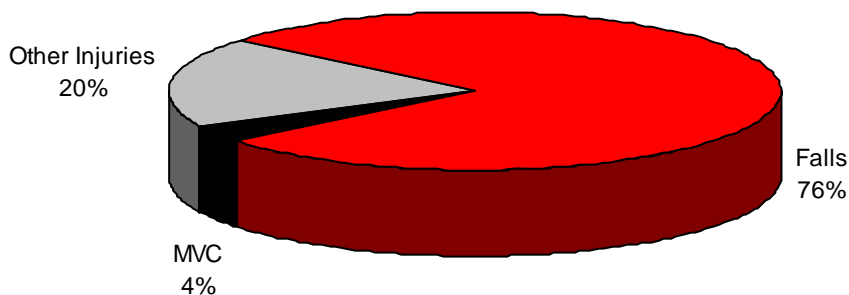
Seniors' Fall Injuries in Alberta

Every day... There are 19 fall-related hospital admissions; 51 emergency department visits.

Every hour... There are over 2 fall-related emergency department visits.

Almost **one out of every three** fall-related emergency department visits results in an admission to hospital.

Alberta Seniors' Injury Hospital Admissions-2006

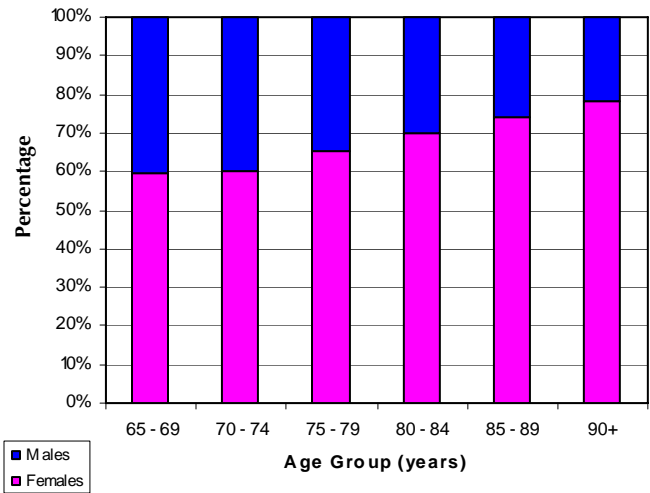
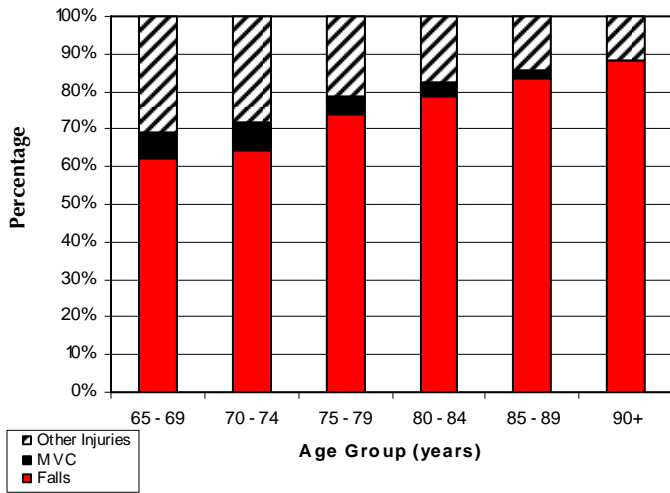


Falls Facts

- Falls are the most common cause of injury for seniors.
- Seniors have 9 times more fall injuries compared to younger populations¹.
- 1 in 3 seniors living in the community and 40-50% of those living in institutions will experience a fall each year³.
- 50% of seniors who fall, do so repeatedly³.
- Almost half of seniors who fall experience a minor injury, and 5 to 25% experience a serious injury¹.
- Even without an injury, a fall can cause a loss in confidence and a reduction in activities¹.
- Falls were the leading cause of injury hospital admissions with over 6,900 admissions (76% of injury hospital admissions)².
- Falls were the leading cause of injury emergency department visits with over 18,700 visits (56% of injury emergency department visits)².
- Falls cause more than 90% of hip fractures among seniors and 15-20% of those will die due to complications¹.
- 40% of all nursing home admissions are the result of falls⁴.
- From 1997 to 2006 there has been a 35 per cent increase in the number of seniors admitted to hospital due to a fall².
- From 1998 to 2006 there has been a 44 per cent increase in the number of seniors seen in an emergency department due to a fall².

1. Public Health Agency of Canada. (2005). Report on seniors' falls in Canada. Ottawa, ON: Public Health Agency of Canada, Division of Aging and Seniors. [cited: 2008 April 15]. Available from: http://www.phac-aspc.gc.ca/seniors-aines/pubs/seniors_falls/index.htm.
2. Alberta Centre for Injury Control & Research. Injury database February 2006. Unpublished. Data available on request.
3. Public Health Agency of Canada. You CAN prevent falls. Public Health Agency of Canada, Division of Aging and Seniors. [cited: 2008 April 15]. Available from: http://www.phac-aspc.gc.ca/seniors-aines/pubs/ycpf_info/pdf/ycpf_info_e.pdf.
4. Canada Safety Council. It's easy to make your home a safer place. [cited: 2008 April 15]. Available from: <http://www.safety-council.org/info/seniors/fallprev.html>.

Fall-Related Hospital Admissions



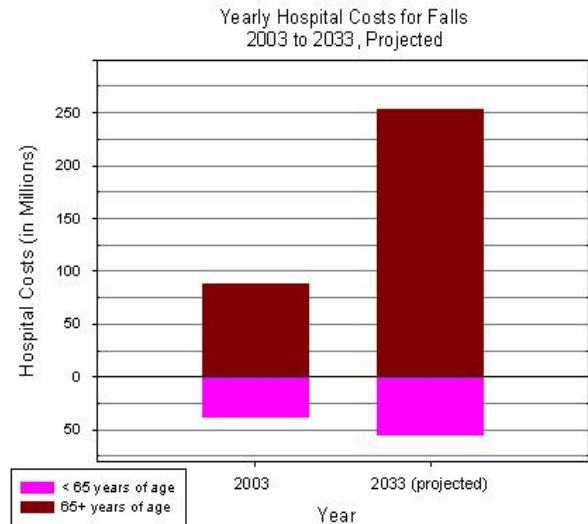
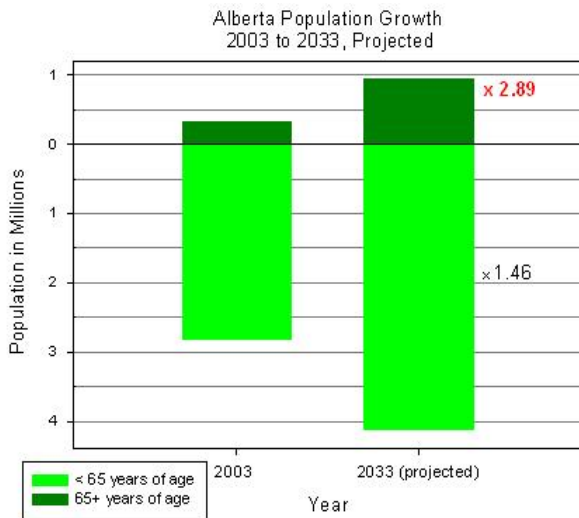
Fall-Related Hospital Admissions, 2006

- Falls accounted for three-quarters (76 per cent) of the injury hospital admissions for seniors.
- The percentage of fall-related hospital admissions increased with age. For those 90 years of age and older, 88 per cent of the injury admissions were due to a fall.

Fall-Related Hospital Admissions, 2006

- Females consistently had higher fall-related hospital admission rates than males.
- Females accounted for 70 per cent of all fall-related hospital admissions.
- The percentage of fall-related admissions of females increased with age.

Projected Cost of Falls



In 2003, \$88 million was spent on seniors' fall-related hospital admissions. By the year 2033 the senior population is expected to increase 61%. If left unchecked, the annual direct costs of fall-related hospital admissions for seniors is likely to reach \$250 million, a 146% increase. These costs do not include emergency department visits, payments to physicians, physiotherapists, homecare, medication or costs to the individual⁵.

5. Schopflocher D. On Solid Ground: community conference on senior's falls prevention. 2006.