

Defining the Problem of Falls and Fall-related Injuries Among BC Seniors

- A fall is defined as unintentionally coming to rest on the ground, floor or other lower level with or without an injury
- 1 out of 3 seniors aged 65+ typically fall once or more each year
- Those who fall are 2-3 times more likely to fall again
- Falls with injury are a strong predictor of admission to residential care
- There are approximately 11,000 fall-related hospitalizations in BC each year for seniors aged 65+
- 95% of all hip fractures among seniors are due to a fall
- Seniors' with fall-related injuries tend to stay in hospital twice as long as seniors hospitalized for all other reasons
- A history of prior falls, decreased muscle strength, and poor balance are most strongly associated with an increased risk of falling among seniors in the community
- Evidence shows that many of these falls and injuries can be predicted and prevented

For more information go to:

BC Ministry of Health
www.health.gov.bc.ca/prevention/fallprevention.html

SeniorsBC, Province of British Columbia
www.seniorsbc.ca

Centre of Excellence on Mobility, Fall Prevention and Injury in Aging
www.hiphealth.ca/CEMFIA

BC Injury Research and Prevention Unit
www.injuryresearch.bc.ca

BC Medical Association
www.bcma.org

General Practice Services Committee (GPSC) Practice Support Program (PSP)
www.pspbc.ca