

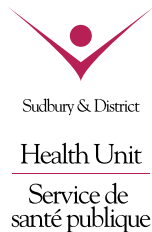


Stay On Your Feet

Did you know?

- Most falls are predictable and preventable
- Falling is not a normal part of aging
- Falls can result in serious injuries which reduce your mobility and independence
- Most falls are the result of health or lifestyle factors

Supported by:



Stay Active, Stay Independent and Stay On Your Feet!

Facts and Stats

- 9 times more fall injuries occur among those 65+ compared to younger ages
- One in three older adults 65+ fall each year
- One in two older adults 80+ fall each year
- 90% of hip fractures are due to a fall and 20% of those aged 65+ die within a year of the hip fracture
- 40% of nursing home admissions are the result of falls
- Personal costs to the individual as a result of a fall include:
 - pain and suffering
 - loss of independence
 - increased fear of falling

Sources: Stay On Your Feet WA®; Stay On Your Feet, the KFLA Falls Prevention Ambassador Program, Canadian Falls Prevention Curriculum

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Falls can be prevented

Falls prevention is about realizing that you can influence your own mobility and independence

There are 9 steps you can take to prevent falls:

Be active
Walk tall
Improve your balance
Care for your feet and use safe footwear

Manage your health
Manage your medicines
Check your eyesight and hearing regularly
Eat well for life

Identify, remove and report hazards

To learn more about falls prevention programs and services, call Stay On Your Feet Sudbury Manitoulin at 705.674.4330, toll-free 1.855.674.4330 or visit www.sdhu.com.

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