



Fall-Free Friday

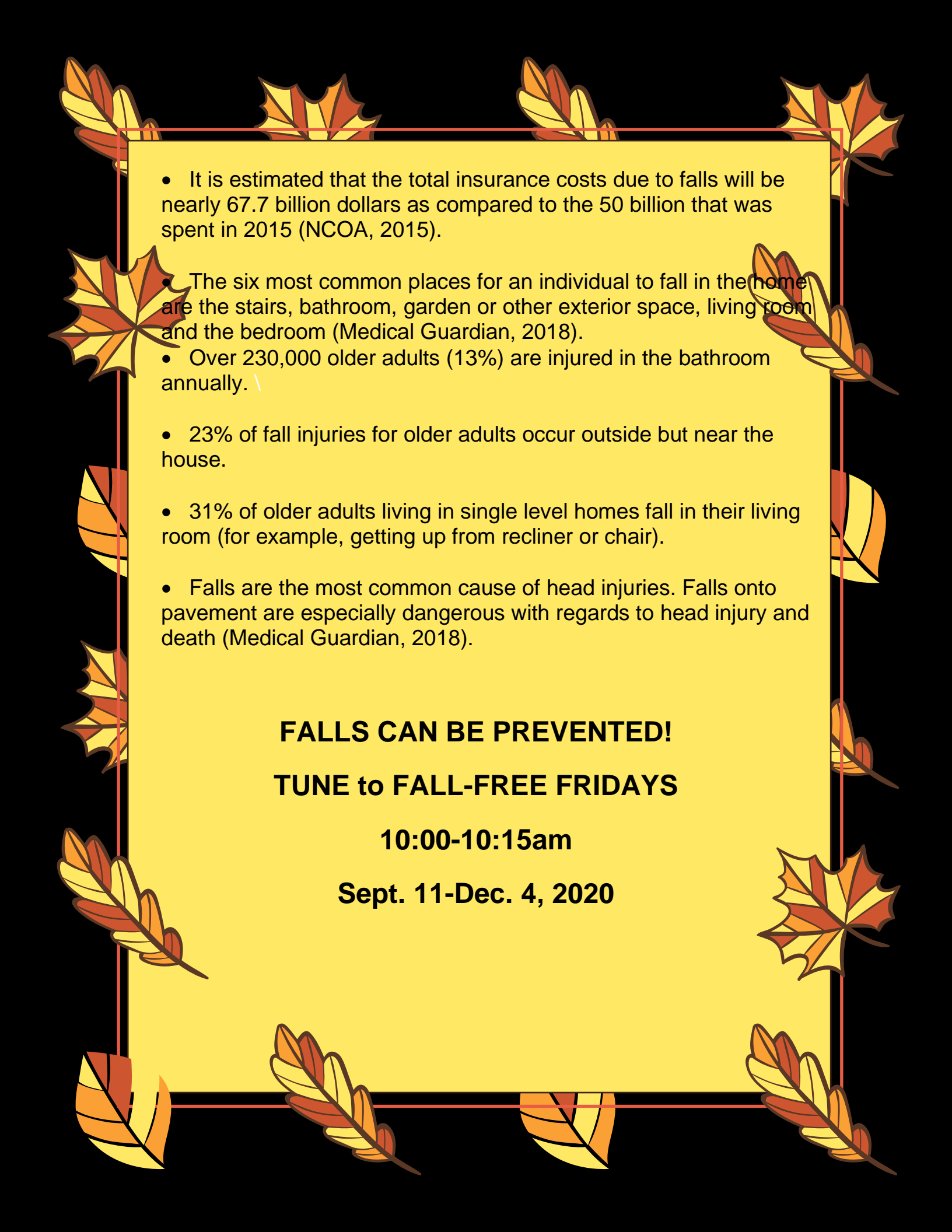
“FACTS ABOUT FALLS”

**September
11, 2020**

10:00 a.m.

**AAA7 FB
LIVE**

- With every 19 minutes that pass by, an older adult dies from a fall (National Council of Aging [NCOA], 2020).
- The Ohio Department of Aging (2020) reports that the number one reason for injury related hospitalizations or death in adults over the age of 65 years old in Ohio.
- 3 million older adults are treated yearly for falls on a national level (Center for Disease Control [CDC], 2020).
- 1 in every 4 adults that are 65 and older will experience a fall each year (NCOA, 2020).



- It is estimated that the total insurance costs due to falls will be nearly 67.7 billion dollars as compared to the 50 billion that was spent in 2015 (NCOA, 2015).

- The six most common places for an individual to fall in the home are the stairs, bathroom, garden or other exterior space, living room and the bedroom (Medical Guardian, 2018).

- Over 230,000 older adults (13%) are injured in the bathroom annually.

- 23% of fall injuries for older adults occur outside but near the house.

- 31% of older adults living in single level homes fall in their living room (for example, getting up from recliner or chair).

- Falls are the most common cause of head injuries. Falls onto pavement are especially dangerous with regards to head injury and death (Medical Guardian, 2018).

FALLS CAN BE PREVENTED!

TUNE to FALL-FREE FRIDAYS

10:00-10:15am

Sept. 11-Dec. 4, 2020