

Avoid Falls

Centers for Disease Control and Prevention (CDC) (February, 2017) — Millions of people 65 and older suffer from falls in the home each year. One in four old people fall each year but only half of them tell their doctor. Even worse, falling one doubles your chances of falling again. Falls are a serious and costly occurrence but with proper planning and care, most can be prevented.

- 1 in 5 falls results in a serious injury such as broken bones or a head injury and 3 million older people are treated in the emergency rooms each year for fall injuries
- Over 800,000 hospitalizations occur each year as a result of a head injury or hip fracture resulting from a fall. 300,000 older people are hospitalized annually for hip fractures
- More than 95% of hip fractures are caused by falling usually by falling sideways
- Falls are the most common cause of traumatic brain injuries
- Medical costs associated with falls totaled more the \$50 billion in 2015. Medicare and Medicaid covered approximately 75% of the costs
- Even if no injury occurs, many people become afraid of falling again leading to decreased activities and associated weakness that can lead to an increase risk of falling
- Fall deaths increased by over 30% from 2007 to 2016. At this rate it is anticipated that 7 fall deaths would occur every hour by 2030

Source: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>



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