

Saskatoon Health Region defines a fall as:

“An unexpected event that results in a person coming to rest on the ground or lower level with or without injury.”

This would include:

- falls where the person is unable to explain the event but there is evidence that a fall occurred;
- falls where the person is eased to the floor or lower level by another person.

Did you know?

- This year, 1 in 3 Canadians aged 65 and older will fall?
- One in 2 people over the age of 80 will fall?
- Between 5 and 25 per cent of falls result in serious injury?
- Falls are the cause of 57 per cent of all injury-related hospital admissions?
- Ninety per cent of all hip fractures in seniors are the result of a fall?



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

For more information contact:

- **LiveWell with Chronic Conditions**
306-655-LIVE (5483) or 1-877-LIVE-898
or livewell@saskatoonhealthregion.ca
- **Forever...in motion** 306-655-0829
- **Staying on Your Feet** 306-655-7874
- **Saskatoon Council on Aging**
306-652-2255

© 2012 Saskatoon Health Region

Are You at Risk for a Fall?



*Take Steps to Maintain Your
Independence*



Please check off the statements that are true for you.

- I am 65 years or older.
- I have fallen in the past 12 months.
- I take less than 800 IU of Vitamin D3 per day.
- I have experienced a broken bone at least once since I turned 40 years old.
- I am taking more than three medications each day.
- My fear of falling keeps me from doing the things I enjoy.
- I drink less than eight glasses of fluid each day.
- I often have to rush to the bathroom.
- I have not had an eye exam in the last two years.
- I sometimes lose my balance when I walk.
- I have been advised to use a walker or a cane to get around safely.
- I feel dizzy when I change positions, such as from sitting to standing.
- I exercise less than 30 minutes a day.
- There are hazards in my home that could cause me to lose my footing or balance.



If you have checked three or more of these statements, we urge you to talk to your health-care professional about changes you can make to reduce your risk for a fall and injury.