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

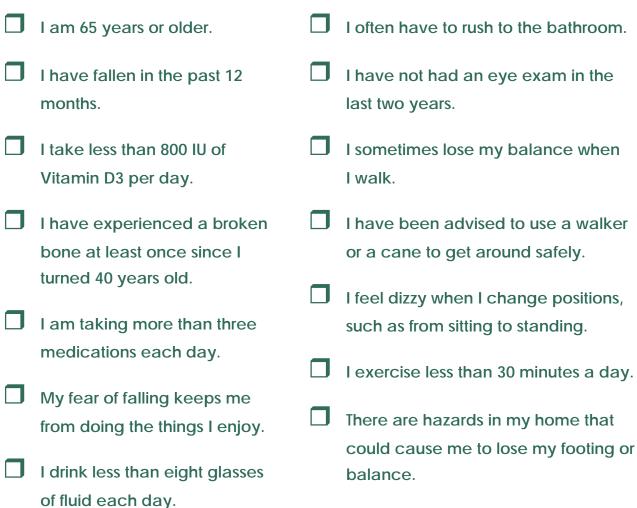
Are You at Risk for a Fall?



Take Steps to Maintain Your Independence



Please check off the statements that are true for you.





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.