



ANYONE CAN FALL

Prevent it from happening to you

Understanding Your Risk

Most falls are caused by the interaction of multiple risk factors. Anyone can fall, but as we age, the risk increases. This type of incident occurs more often among older adults because the number of fall risk factors a person may have usually increase with age.

A fall can lead to serious physical, psychological and socio-economic consequences if it is not addressed the right way with the help of qualified professionals. Issues such as reduced muscle strength, impaired balance or visual impairment should be addressed as soon as possible.

The good news is that family, friends, caregivers and healthcare providers can all play a role to help with the assessment of your personal risk level. Keep in mind that by reaching out to others for support, you can better reduce your risk of falling, prevent serious injuries and maintain your independence.



To learn more about preventing falls, visit www.findingbalancenb.ca

Did you know?

- Approximately one in three community-dwelling adults aged 65 years or older will experience one or more falls each year.
- Falls are the leading cause of injury and injury-related hospitalizations in older Canadians.
- Falls are the direct cause of 95% of all hip fractures, leading to death in 20% of cases.
- Falls can also lead to negative mental health outcomes, such as fear of falling, loss of autonomy and greater isolation, confusion and depression.

Fall Risk Factors

- A fall risk factor is something that increases an older adult's chance of falling.
- Most falls happen because of a fall risk factor or a combination of risk factors that are oftentimes modifiable. However, the more risk factors a person has, the greater their chances of falling.
- Identifying and modifying risk factors as soon as possible is an essential way to reduce the risk of falls.
- Effective interventions exist for many risk factors known to be associated with falls such as:

Impaired mobility	Lack of exercise
Lack of support networks	Balance deficits
Poor nutrition	Visual impairment
Lack of sleep	Home hazards
Chronic conditions	Fear of falling
Poor building design	Inappropriate assistive device use

Assessing Your Risk of Falling

- To help determine your risk of falling, you should consult your primary care provider (family physician or nurse practitioner) *at least once a year*.
- You are also encouraged to evaluate your own risk of falling before your appointment by completing the *Staying Independent Checklist*.
- If you scored 4 points or more after adding up the number of points for each “yes” answer, you may be at risk for falling.
- This self-screening tool can also be used by your primary care provider to help the discussion about your personal fall risk factors.



Consulting Your Primary Care Provider

- During your appointment, your primary care provider may ask you to answer a series of questions to complete a fall risk assessment.
- It is important to talk about any falls or near-falls you may have had over the past year.
- Open communication makes it easier for your primary care provider to identify and address your personal fall risk factors.
- To help with this process, remember to bring your completed copy of the Staying Independent Checklist.
- If you do not currently have a primary care provider, you are encouraged to register with *Patient Connect NB*. Once registered, you will be assigned to a provider on a first-come, first-serve basis. For more information or to register, please call Tele-Care at 811.



Falls are not a normal part of aging.
Talk to your primary care provider if you have had a fall.

ANYONE CAN FALL
Prevent it from happening to you
www.findingbalancenb.ca