

# Falls Prevention: Statistics

## Transferring Knowledge to Practice

Knowledge: Do you know?

Skill: Can you do it?

Behavior: Are there issues?



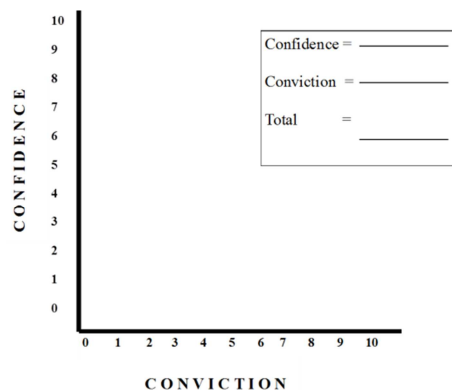
## Statistics

- The risk of falling increases with age and is greater for women than men.
- Annually, falls are reported by one-third of all people 65 or older.
- Two-thirds of those who fall will fall again within six months.
- Falls are the leading cause of death from injury among people 65 or over.
- The elderly account for seventy five percent of deaths from falls.
- More than half of all fatal falls involve people 75 or over, only 4 percent of the total population.
- Among people 65 to 69, one out of every 200 falls results in a hip fracture, and among those 85 or over, one fall in 10 results in a hip fracture.
- Twenty-five percent of those who fracture a hip require life-long nursing care. About 50 percent of the elderly
- One-fourth of those who fracture a hip die within six months of the injury.
- The most profound effect of falling is the loss of independent functioning.

## Worksheet 1

**Directions:** With your team, consider the statistics on the left and answer the questions.

1. Based on what you read, why for you personally, is it important to prevent falls?
2. From 1-10 how confident are you that you can prevent falls? Place that number in the 1<sup>st</sup> box. From 1-10 how strongly do you believe that it's important to prevent falls? Place your scores on the graph.



3. What do you need to learn or do in order to help prevent falls in your organization?

**Try this:** Learning Circles provide a structured way of conversation that ensures everyone is part of the sharing. In a learning circle, everyone has the opportunity to speak. In the first round of speaking, people share their own perspective rather than commenting on what they've heard from others. After everyone has had an opportunity to speak once and have their own ideas heard, then everyone in the group is free to explore and discuss what they have heard from each other.

1. Using the questions above, ask participants to share their answer to one of the three questions. Have each person keep his or her initial comments to approximately two minutes.
2. Invite anyone who feels so moved to be the one to start the conversation by sharing his or her thoughts.
3. Have the person to the right or left take their turn next, sharing their thoughts in approximately two minutes.
4. Follow around the circle with each person speaking in turn, for about two minutes. If anyone wants to pass, they can.
5. After the group has gone full circle, go back to anyone who passed and ask if they would like to speak.
6. Then open the conversation up for anyone to add to what they have said, ask each other questions, comment on what they have heard, and generally engage in discussion.