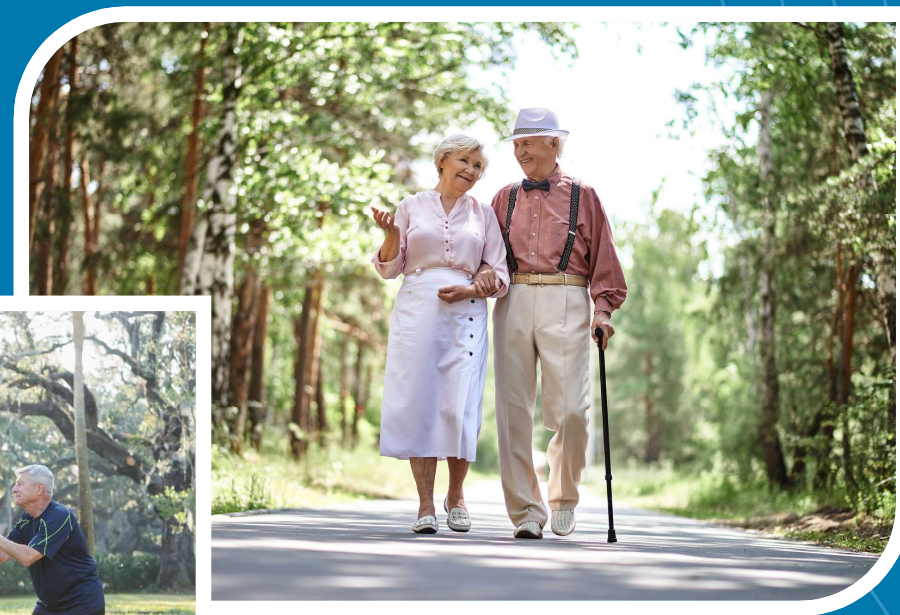


# Falls Prevention & Healthy Aging



## What is a fall?

“an unexpected event in which an individual lands at a lower level (such as on an object, the floor, or the ground)”

- Falls are the #1 cause of injury among Canadian seniors.
- 1 in 3 adults over age 65 have experienced a fall.
- 95% of hip fractures are due to falls.
- Seniors with one fall have twice the risk for future falls.



## “Near fall”

“a stumble or loss of balance that might have resulted in a fall but was avoided due to compensatory action, such as grabbing a nearby object for support.”

Near falls...

- are more frequent than falls
- may occur before falls, potentially predicting falls risk

## Falls are preventable.

Let's identify some factors that can lead to falls.

### ➤ **Biological**

- Age, health conditions, diminished physical fitness, visual or hearing impairments

### ➤ **Behavioural**

- Alcohol and/or drugs, medications, inappropriate footwear, lack of physical activity, poor nutrition/hydration, fear of falling

### ➤ **Environmental**

- Uneven surfaces, snow/ice, poor lighting, cluttered areas, tripping hazards

### ➤ **Socio-economic**

- Inadequate housing, access to services, lack of social support networks, social isolation

## Unhealthy “fear of falling” increases falls risk:



# How to prevent slips and trips:

- ✓ Keep your body active.
- ✓ Review your medications with your doctor or pharmacist.
- ✓ Have your vision and hearing checked once a year.
- ✓ Have a healthy diet and stay hydrated.
- ✓ Follow calcium and vitamin D recommendations for healthy bones.
- ✓ Get a good night's sleep.
- ✓ Take care of your feet.
- ✓ Make your home safe and clutter-free.
- ✓ Take your time with everyday activities – don't rush.
- ✓ Ask for help if you are worried about falling.



# Richmond Falls Prevention Program

We work with seniors, their families, and the community to prevent falls and promote healthy aging.

**Our team:** Occupational therapist, Physiotherapist, Public Health Nurse

**Our focus:**

- *Prevention* – education, awareness
- *Services* – falls risk assessment in clinic or at home
- *Health Promotion* – community resources and partners



# Richmond Falls Prevention Program

We provide education and resources to Richmond residents over age 65 who have had a fall or are at risk of falling.

These may include:


- Home exercise programs
- Home safety checks, use of equipment and safety devices
- Information about healthy living and self-management
- Community resources

This is a no-cost program and self-referrals are accepted.

# Richmond Falls Prevention Program

## Contact us:

 (604) 233-3150

 8100 Granville Ave  
Richmond, BC

 [rmdfallsprevention@vch.ca](mailto:rmdfallsprevention@vch.ca)

 [fallprevention.vch.ca](http://fallprevention.vch.ca)

 Vancouver  
Coastal Health



# Learn more...

## **SeniorsBC.ca**

Information and resources for seniors for planning and living a healthy and active life.

## **FallPrevention.vch.ca**

Fall prevention resources and programs available in the Vancouver Coastal Health region.

## **2-1-1 bc211.ca**

Community programs and services that provide support to seniors.

## **8-1-1 healthlinkBC.ca**

Health advice from a nurse, dietitian, pharmacist or exercise professional.

