After a Fall: An Older Adult's Journey

1 in 3

at least once a year.

Most fall at home.



older Canadian adults seeking medical attention after a fall visit an emergency department.



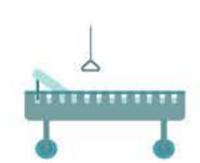
Falls are the leading cause of injury

hospitalization and death

among older adults in Winnipeg.



The average length of stay in hospital from a fall in Winnipeg is



25.4 days.

Disability:

Falls are the leading cause among Manitobans.



After being hospitalized for a fall **OVER** half of older Canadians return home but many need home care.

Many older Canadian adults hospitalized for a fall at home don't return home and go into long-term care.

Safety equipment



Foot care and safe footwear



Medication management



Eyesight care



Staying active and exercising daily



Managing health conditions



Improving balance



Healthy eating and Vitamin D



Take steps to VII stay on your feet!

The fall cycle

A previous fall makes another fall more likely.

A fall

Increased risk of falling



Fear of falling

Inactivity

Decreased muscle strength & balance

