The purpose of the Allegany County Fall Prevention Toolkit is to help Allegany County residents decrease their risks of falls and the subsequent consequences of a fall.

The mission of the Allegany County Fall Prevention Collaborative is to assist seniors to remain healthy, live independently and avoid falls through a multi-disciplinary approach.

This toolkit provides tips on how to improve balance, strength and assess your risk for falls.

Preface

According to the Center for Disease Control, each year, one in every three adults age 65 and older falls. Falls can lead to moderate to severe injuries, such as hip fractures and head traumas, and can even increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable and is not a natural part of aging.

How big is the problem?

- Among those age 65 and older, falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- In 2007, over 18,000 older adults died from unintentional fall injuries.
- The death rates from falls among older men and women have risen sharply over the past decade.
- In 2009, 2.2 million nonfatal fall injuries among older adults were treated in emergency departments and more than 581,000 of these patients were hospitalized.
- In 2000, direct medical costs of falls totaled a little over $19 billion—$179 million for fatal falls and $19 billion for nonfatal fall injuries.

What outcomes are linked to falls?

- Twenty percent to 30% of people who fall suffer moderate to severe injuries such as lacerations, hip fractures, or head traumas. These injuries can make it hard to get around or live independently, and increase the risk of early death.
- Falls are the most common cause of traumatic brain injuries, or TBI. In 2000, TBI accounted for 46% of fatal falls among older adults.
- Most fractures among older adults are caused by falls. The most common are fractures of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand.
- Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and loss of physical fitness, which in turn increases their actual risk of falling.

The Allegany County Fall Prevention Collaborative is here to assist you in reducing your risk for future falls. Don’t become a statistic!

For Further Information, please contact Allegany County NY Connects at 1-866-268-9390