

After a Fall: An Older Adult's Journey

1 in 3
older adults (65+) fall
at least once a year.
Most fall at home.

2 out of 3
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
stay on your feet!**

The fall cycle

A previous fall makes
another fall more likely.

