



# ANYONE CAN FALL

*Prevent it from happening to you*

## Understanding Your Risk

Anyone can fall, but the likelihood of falling increases as we age. Older adults fall more often because the conditions that contribute toward each person's risk of falling (also known as their fall risk factors), tend to increase with age. Falls among older adults can lead to negative health outcomes if they are not addressed right way, with the right people. Health care professionals can look at why a fall may have occurred. They can also help prevent future falls.

### *Did You Know?*

About one in every three adults aged 65 years or more living at home will fall at least once a year. Falls are the leading cause of injury and hospitalizations in older Canadian adults. After a fall, people often become afraid of falling again. As a result, they may avoid events or activities. This can lead to loneliness, sadness, confusion, or anger. It can also result in a loss of independence.

**FALLS ARE NOT A NORMAL PART OF AGING.**  
*Talk to your health care provider if you have had a fall.*



## Assessing Your Risk of Falling

Older adults should assess their risk of falling once a year. To assess your risk of falling:

1. Complete the Staying Independent Checklist. A paper copy is included with this package. Ask family and friends for their input.
2. Book an appointment with your primary care provider (family physician or nurse practitioner). Take a copy of your completed checklist with you to share with them.

## Fall Risk Factors

A fall risk factor is something that increases a person's chance of falling.

- Falls can happen because of even one risk factor. However, the more factors, the greater the risk of falling.
- Fall risk factors can be changed or eliminated. That is one reason we recommend that older adults report a fall right away, to the right people.
- Some of the fall risk factors that may be changed include:
- Challenges moving, including feeling weak or unsteady when moving
- Poor eyesight/vision
- Need for more support from others
- Poor nutrition
- Lack of sleep
- Health conditions including feeling dizzy or sleepy
- Home design including tripping hazards
- Fear of falling

## Consulting Your Primary Care Provider

- Bring your completed Staying Independent Checklist.
- Tell them about any falls or near-falls you may have had over the past year.

If you do not currently have a primary care provider:

1. Register with Patient Connect NB. They assign providers on a first-come, first-served basis.
2. For more information or for help, call Tele-Care at 811.

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For more information, look for the **Additional Resources for Older Adults** on the *Finding Balance NB* website at [www.FindingBalanceNB.ca](http://www.FindingBalanceNB.ca)