

# FALLS IN ADULTS 65 YEARS AND OLDER

In 2014, falls in South Carolina resulted in

417 deaths<sup>2</sup>

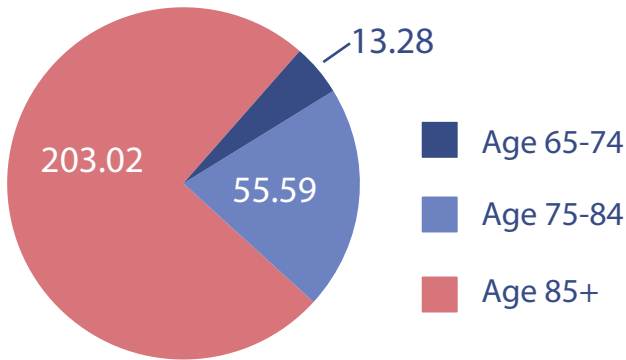
8,555 hospitalizations<sup>4</sup>

32,402 emergency department visits<sup>4</sup>

**43%** of deaths resulting from falls occurred among persons age 85 years or older in South Carolina<sup>1</sup>

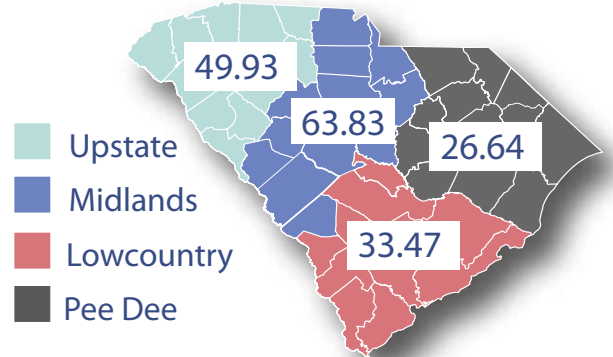
## Deaths Resulting from Falls in SC<sup>1</sup>

Deaths per 100k population

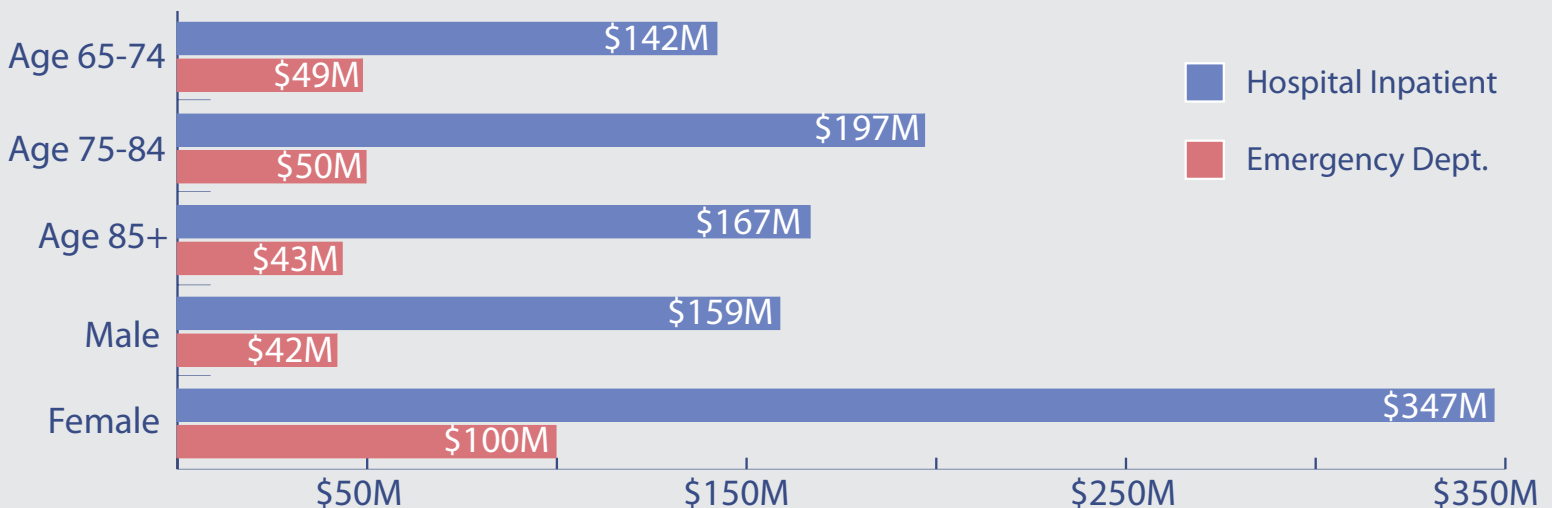


## Deaths From Falls Age 65+ by Region<sup>1</sup>

Death rate per 100k by age group



## Hospital Cost for Inpatient & ED Visits in SC<sup>4</sup>



# FALLS IN ADULTS 65 YEARS AND OLDER

Injuries from falls lead to<sup>3</sup>

fear of falling

sedentary behavior

impaired function

lower quality of life

## 6 Steps to Prevent a Fall<sup>5</sup>

Every **13 seconds**, an older adult is seen in the emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

1

Find a good exercise program to build balance, strength, and flexibility.

2

Talk to your health care provider about your risk of falling.

3

Review your medicine with your doctor or pharmacist regularly.

4

Get your vision and hearing checked annually, and update your eyeglasses.

5

Keep your home safe by removing trip hazards and increasing lighting.

6

Talk to your family members, and get their support in taking steps to stay safe.

## Why does fear of falling matter?<sup>6</sup>

May stop you from activities

Legs weaken with inactivity

Inactivity leads to falls

May make the person feel alone

May cause depression



## Risk Factors You CAN Change<sup>7</sup>

Physical inactivity  
Home environment  
Vision  
Medication use  
Fear of falling  
Social isolation  
Weakness  
Improper use of assistive devices

## Risk Factors You CANNOT Change<sup>7</sup>

Age  
Gender  
Ethnic background



## References

1. SCDHEC Division of Biostatistics, PHSIS, 2014.
2. South Carolina Injury Profile Report, 2014.
3. Healthy People 2020 Injury Prevention, 2016.
4. SC Hospital Discharge Database, Revenue and Fiscal Affairs Office, Health and Demographics Section, 2014.
5. National Council on Aging, 2016.
6. American Journal of Occupational Therapy, 2012.
7. Journal of Geriatric Physical Therapy, 2014.