

Falls in Older Adults

UNDERSTANDING FALLS IN OLDER ADULTS

Impact and Magnitude of Falls in Older Adults

FIGURE 1:

Risk Factors for Falls in Older Adults

FIGURE 2: Percentage of Annual Falls in Older Adults-Related ED Visits, Hospitalizations, and Deaths by Circumstance in

Falls in Older Adults by Age and Sex

(1) Source: <https://www.cdc.gov/falls/facts.html>

(2) Falls in older adults were reported as a cause of death on the death certificate alone or in combination with other injuries or conditions

(3) Falls in older adults alone or in combination with other injuries or conditions

Special Emphasis Report: Falls in Older Adults

	Count	Rate
1.		
2.		
3.		
4.		
5.		

Strategies to Prevent Falls among Older Adults

For Healthcare Providers: *Make CDC’s STEADI Part of Every Medical Practice.*

STEADI (Stopping Elderly Accidents, Deaths, and Injuries) is an initiative to encourage healthcare providers to screen older adults for fall risk at least once a year, assess at risk patients for modifiable fall risk factors, and to intervene to reduce identified risk using effective clinical and community strategies (e.g., physical therapy, medication management, and tai chi). STEADI resources are available for inpatient, outpatient, and pharmacy settings. Learn more at www.cdc.gov/STEADI.

For Older Adults and Caregivers: *Learn how to age without injury with CDC’s Still Going Strong campaign.*

Still Going Strong is a new campaign to educate adults age 65 and older, and those who care for them, about common injuries (e.g., falls, motor vehicle crashes, brain injuries) that can be prevented as they age and specific steps they can take to reduce their risk of injury. Still Going Strong empowers older adults to stay safe without sacrificing their favorite hobbies and activities. It is possible to age without injury and maintain a good quality of life. Campaign resources are available for older adults, caregivers, healthcare providers, and fall prevention partners at www.cdc.gov/stillgoingstrong.

Falls in Older Adults Activities

PREVENTION	
SURVEILLANCE	
PARTNERSHIPS	
ACCOMPLISHMENTS/ SUCCESES	
INSURANCE COVERAGE	