

FALLS FACT SHEET

1. FALLS ARE COMMON IN THE ELDERLY

- About 5% of community-dwelling elders have serious falls each year.
- 1% of elders fracture bones each year.
- Some hip fractures occur with minimal or no
- Many (40-60%) Alzheimer patients fall each year.
- Fractures are more common (x3) in dementia patients.

2. PATIENT RISK FACTORS FOR FALLS

- Advanced Age
- Previous History of Falls
- Psychotropic Medications
- Confusion or Dementia
- Recent Weight Loss

3. FALL PROTECTION PROGRAMS INCLUDE:

- Physical Therapy Assessment and Treatment
- Cane or Walker
- Meri-Walker
- Maximize Vision and Hearing

4. CONSEQUENCES OF PHYSICAL RESTRAINTS

- Increased Agitation
- Weight Loss
- Increased Patient Suffering
- Patient Injury