OLDER ADULT FALLS
Startling Statistics

1 second
An older adult falls every second of every day.

1 in 4
One in four older adults reported a fall in 2014.

#1 cause
Falls are the #1 cause of hip fractures.

More than **7 MILLION** of those falls required medical treatment or restricted activity for at least a day.

More than **27,000** older adults died as a result of falls — that's 74 older adults every day.

www.cdc.gov/steadi   CDC

Get more information and resources online:
healthyaging.health.ok.gov

Oklahoma State Department of Health

Healthy Aging — Living Longer Better

After the fall—
Talk About It!

A guide for fall prevention
for the people who want to prevent the next fall and preserve independence

IN 2014:
1 in 4 older adults reported a fall.

10 QUESTIONS TO ASK AFTER A FALL

Stay with the person, then call for or ask someone to help. Afterwards, collect information to determine the root cause of the fall.

1. *Are you OK?*
2. What were you trying to do just before you fell?
3. What was different this time?
4. Who was in the area when the individual fell?
5. Observe the position of the individual:
   A. Are they near a bed, toilet, or chair? (Note the distance)
   B. Are they on their back, left side, or right side?
   C. Note the position of their arms and legs.
6. What is the surrounding area like? (Noisy, busy , dimly lit, wet, cluttered, etc.)
   A. If in or near a toilet— are there contents in the toilet?
   B. If near a bed— note the bed height.
   C. Note the position of other nearby furniture or equipment.

7. What is the floor like? (Carpet, rugs, tile, mats, etc.)
   A. Is the floor wet, uneven, or shiny?
   B. Is there urine on the floor?
8. What is the person wearing? (Describe clothing and footwear)
9. Is the person using an assistive device? (Note the type of device— cane, walker, brace, etc.)
10. Does the person usually wear glasses and/or hearing aids? (Note if they were wearing these items when they fall occurred)

ROOT CAUSE OF THIS FALL
What appears to be the initial root cause(s) of the fall?

Describe initial interventions to prevent future falls.

Review of Contributing Factors
(Check All That Apply):

- ☐ Alarm
- ☐ Amount of Assistance In Effect
- ☐ Assistive/Protective Device
- ☐ Environmental Factors/ Items Out of Reach
- ☐ Environmental Noise
- ☐ Footwear
- ☐ Medication
- ☐ Medical Status/Physical Condition/Diagnoses
- ☐ Mood or Mental Status
- ☐ Toileting Status
- ☐ Vision or Hearing
- ☐ Vital Signs Abnormal or Significant
- ☐ Last 3 hours 'Re-creation' Issue(s)
- ☐ Other _____ _____

Source: http://www.empira.org/Fall Scene Investigation Report for nursing homes