



## Fall Facts

**The greatest risk factor for falls is a previous fall. Two-thirds of those who experience a fall will fall again within six months.**

- Approximately one-third of adults age 65 and older who live in their own homes fall each year.
- One-sixth of adults age 76 and older in primary care medical practices have incurred a fall in the last 6 months.
- Falls are the second-leading cause of unintentional injury and death in the United States and are the leading cause of injuries.
- Regular exercise aimed at increasing strength and endurance and building bone density and flexibility can help reduce the risk of falling.
- Most falls do not result in serious injury. However, there is often a psychological impact. Approximately 25% of community-dwelling people 75 or over unnecessarily restrict their activities because of fear of falling.
- At least one-third of all falls in the elderly involve environmental hazards in the home. Home modifications can help reduce this risk for falls.
- The risk for falling can also be lessened by having a doctor or pharmacist review all prescription and over-the-counter medications to reduce side effects and interactions.
- Many falls can be avoided by getting regular vision checks and wearing corrective eyeglasses.