



Home Hazards Include:

* Clutter in walkways and on stairs
* Slippery or inconsistent flooring surfaces
* Unstable furniture
* Poor/inadequate lighting
* Pets and pet-related objects
* Lack of stair railings or grab bars
* Lack of easy access bathrooms

What reduces the risk of falling?

* Medication review
* **Home assessments with modification**
* **Exercise**
* Annual vision exams

**Falls are the leading cause of injury among New Yorkers over 65 - they CAN be prevented!**

*Data gathered from NYS DoH:* [*http://www.health.ny.gov/prevention/injury\_prevention/falls\_in\_older\_adults\_nys.htm*](http://www.health.ny.gov/prevention/injury_prevention/falls_in_older_adults_nys.htm)

*Contact Jake Ashby owner and occupational therapist of Ashby Adaptive Occupational Therapy, PLLC for an evaluation. Visit* [*www.ashbyadaptiveot.com*](http://www.ashbyadaptiveot.com) *for more information.*

*Phone:* ***518-441-7958*** *Fax:* ***518-336-4261***

*Email:* *ashbyadaptiveot@gmail.com*

**Every day**, because of a fall:

* 2 older New Yorkers die
* 140 older New Yorkers are hospitalized
* **223 older New Yorkers are seen in emergency departments**

Falls account for:

* **$1.7 billion in annual hospitalization charges**
* $145.3 million in annual outpatient emergency department changes.

\*Approximately 95% of the hospitalization charges are billed to publicly funded programs, such as Medicaid and Medicare\*

Among adults 65 and older who are hospitalized due to a fall:

* **60% end up in a nursing home or rehabilitation center**
* 11% suffer a traumatic brain injury
* 27% experience a hip fracture

What Conditions Increase the Risk of Falling?

* Leg weakness is associated with a 4-fold increase in the risk of falling
* Problems with gait and balance are associated with a 3-fold increase in the risk of falling
* Vision impairment increases the risk of falling by 2.5 times
* **Chronic conditions such as Parkinson's disease, stroke, arthritis, osteoporosis and incontinence increase the risk of falling**
* **A fear of falling leads to loss of confidence, an avoidance of physical activity, an increased functional decline, and ultimately an increased risk of falling**
* Taking four or more medications puts older adults at risk for falling

Where is the Risk?

* **60% of fall-related hospitalizations in older adults occur in the home**
* 36% of fall-related emergency department visits in older adults occur in the home