OUCH!

FALLS can have a BIGGER IMPACT than people realise!

EVERY DAY about 42 OLDER PEOPLE are ADMITTED to a SA public hospital, injured AFTER A FALL, compared with ONE per day for injuries from car accidents.

Nearly ONE FIFTH of all injuries are to the HEAD or BRAIN.

4 OUT OF 10 injuries are fractures.

The most common are HIP and LEG FRACTURES.

These can have a long term IMPACT on mobility and independence for older people.

What can people do to KEEP SAFE and INDEPENDENT?

- Talk with their doctor or other health professional if they are unsteady, or have had one or two falls.

- Add strength and balance exercises into daily routines.

- Have glasses regularly checked.

- Have medication regularly checked.

- Fix any tripping or slipping hazards in the home and garden, and make sure there is good lighting.

- Avoid steps or ladders.