

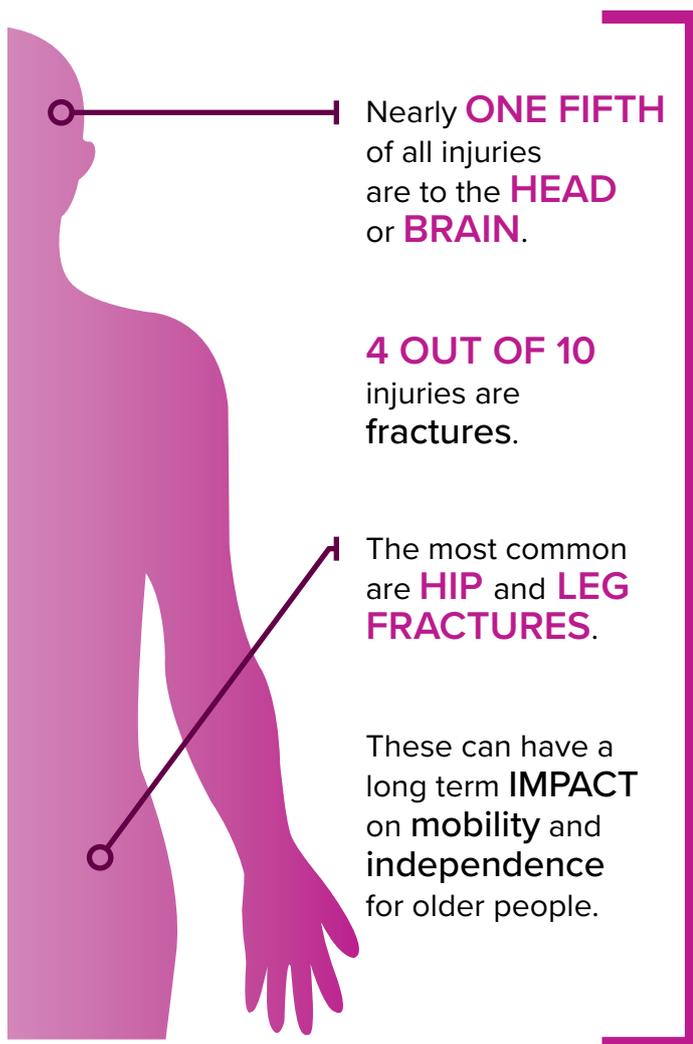
OUCH!

FALLS can have a BIGGER IMPACT than people realise!



EVERY DAY

about **47 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 and eyes** 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.

