



**20-30%**  
OF SENIORS  
IN ALBERTA  
WILL FALL AT LEAST  
**ONCE A YEAR**<sup>1</sup>

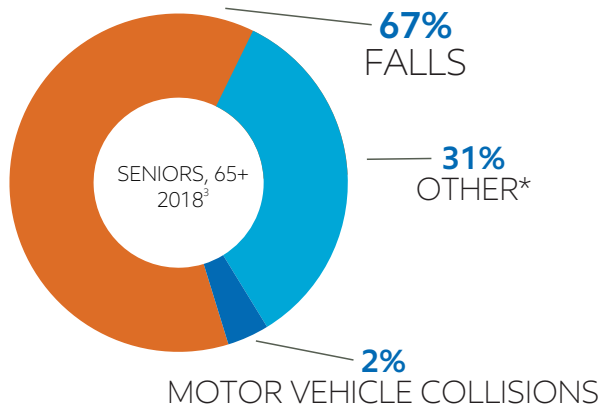
**95% OF ALL  
HIP FRACTURES**  
&  
**40% OF ALL  
NURSING HOME  
ADMISSIONS ARE A  
DIRECT RESULT OF  
FALLING**<sup>1</sup>

**101** Emergency Department  
Visits Each Day<sup>3</sup>

**27** Fall-related Hospital  
Admissions Each Day<sup>3</sup>



THE **AVERAGE**  
LENGTH OF STAY  
**IN HOSPITAL**  
DUE TO A FALL IS  
**3 WEEKS**<sup>2</sup>



FALLS ARE THE **LEADING**  
CAUSE OF INJURIES  
AMONGST SENIORS<sup>3</sup>

There were almost 10,000 fall-related hospital admissions in 2019.

SENIORS FALLS COST  
**\$290 MILLION**  
(HOSPITAL ADMISSIONS & ED VISITS\*)<sup>2</sup>



**AVERAGE COST OF FALLS<sup>2</sup>:**

Hospital Admissions:  
AGED 65+: \$21,748  
AGED <65: \$12,734  
Emergency Department Visits:  
AGED 65+: \$797  
AGED <65: \$402



OVER THE **14 YEARS**<sup>†</sup> OF  
THE **FINDING BALANCE**  
PREVENTION PROGRAM  
**2,322** ADMISSIONS  
WERE **DEFERRED**  
WITH A COST **SAVINGS**  
OF **\$58 MILLION**  
(\$5.8 million per year)<sup>5</sup>

<sup>1</sup> Public Health Agency of Canada. Seniors' Falls in Canada: Second Report. Ottawa: Public Health Agency of Canada; 2014

<sup>2</sup> Alberta Health, Analytics and Performance Reporting Branch. Received 2 February, 2021.  
<sup>3</sup> Aggregate data received from Alberta Health, 10 February, 2021.

<sup>4</sup> 2017, Injury Prevention Centre, Edmonton. Unpublished data available upon request.

<sup>5</sup> 2008-2017 Injury Prevention Centre, Edmonton. Unpublished data available upon request.

\* Other injuries include: aspiration pneumonia due to asphyxiation/choking, struck by/against object

<sup>†</sup>2007-2021

Find out what actions you can take to prevent falls and stay independent.  
[findingbalancealberta.ca](http://findingbalancealberta.ca)

This study is based in part on data provided by Alberta Health. The interpretation and conclusions contained herein are those of the researchers and do not necessarily represent the views of the Government of Alberta. Neither the Government of Alberta nor Alberta Health expresses any opinion in relation to this study.