



FALL FACTS

Stay Independent. 
Prevent Falls.



1 OUT OF **3** ALBERTANS OVER 65



1 OUT OF **2** ALBERTANS OVER 80

WILL FALL AT LEAST **ONCE** A YEAR¹

95% OF ALL HIP FRACTURES

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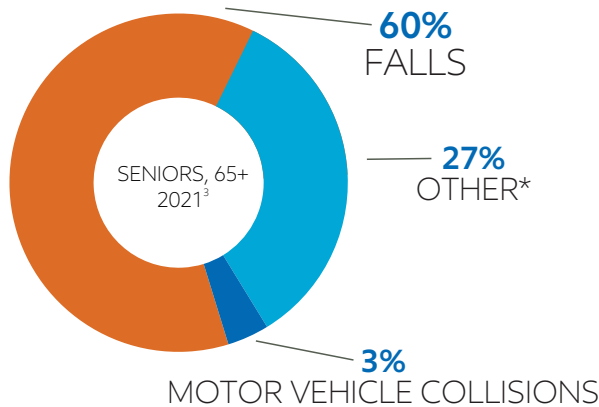
40% OF ALL NURSING HOME ADMISSIONS ARE A DIRECT RESULT OF **FALLING**¹

102 Emergency Department Visits Each Day³

28 Fall-related Hospital Admissions Each Day³



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



FALLS ARE THE **LEADING** CAUSE OF INJURIES AMONGST SENIORS³



There were over 10,000 fall-related hospital admissions in 2021.

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

*Costs based on RIW



AVERAGE COST OF FALLS²:

Hospital Admissions:
 AGED 65+: **\$21,748**
 AGED <65: \$12,734

Emergency Department Visits:
 AGED 65+: **\$797**
 AGED <65: \$402



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

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

² Alberta Health, Analytics and Performance Reporting Branch. Received 2 February, 2021.

³ Alberta Health, Interactive Database, accessed May 31, 2023. Alberta Health, email correspondence (Kir Luong), received May 31, 2023

⁴ 2017, Injury Prevention Centre, Edmonton. Unpublished data available upon request.

⁵ 2008-2017 Injury Prevention Centre, Edmonton. Unpublished data available upon request.

[†]2007-2021

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

Find out what actions you can take to prevent falls and stay independent.

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.

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