

Stay Independent.
Prevent Falls.



PROCLAMATION

SENIORS' FALLS PREVENTION MONTH

WHEREAS seniors are a vital part of our families, communities, and province giving generously of their wisdom, experience, and love; and

WHEREAS one in three seniors will fall each year, with 50% of seniors falling repeatedly; and

WHEREAS seniors have 9 times more fall injuries than other populations; and

WHEREAS falls among our seniors will result in over 10,000 hospital admissions and over 29,000 emergency department visits each year; and

WHEREAS falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of independence; and

WHEREAS individuals and organizations from a multitude of disciplines across Alberta are working together to increase awareness of this issue and encourage Albertans to take steps to prevent seniors' falls; and

WHEREAS the quality of life is improved for Alberta seniors who remain healthy, active, and independent;

NOW THEREFORE, I *(name)* do hereby proclaim the month of November 2025 to be ***Seniors' Falls Prevention Month*** in *(location)*.



findingbalancealberta.ca

INJURY PREVENTION CENTRE
4-248 Kipnes Health Academy,
University of Alberta
11405 87 Ave NW
Edmonton AB T6G 1C9

