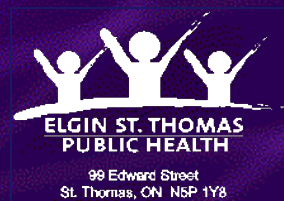




How to make your million in **Fall Prevention Facts**



Developed by the Alberta Centre for Injury Control & Research and the Alberta Medical Association



What number of seniors will have at least one fall this year?

- a) 1 in 3
- b) 1 in 4
- c) 1 in 6
- d) 1 in 7
- e) 1 in 2

The answer is: a) 1 in 3



Of the seniors who fall,
what percent will fall
more than once?

- a) 15%
- b) 25%
- c) 50%
- d) 75%

Correct answer is: **c) 50%**



Over $\frac{1}{2}$ or 50% of visits to the emergency department because of an injury are because of falls.

- a) True
- b) False

Correct answer is: a) True



In Ontario, every hour more than _____ seniors visit the emergency department because of a fall.

- a) 5
- b) 10
- c) 15
- d) 20

Correct answer is: b) 15



What percent of nursing home residents are there because of a fall?

- a) 10%
- b) 25%
- c) 40%
- d) 50%

Correct answer is: c) 40%



What puts you at risk for a fall?

- a) A previous fall
- b) A fear of falling
- c) Medication use
- d) Risk taking activities
- e) All of the above

Correct answer is: e) All of the above



When you have a fall you should tell your healthcare provider (doctor).

- a) True
- b) False

Correct answer is: a) True



Which room in a home do falls most often occur?

- a) Kitchen
- b) Bedroom
- c) Bathroom
- d) Living room

Correct answer is: **c) Bathroom**



Which piece of clothing can lead to a fall?

- a) Shoes
- b) Pants
- c) House coat
- d) Slippers
- e) All of the above

Correct answer is: e) All of the above



You should review your medications with your health care provider for interactions or complications.

- a) Every 6 months
- b) Once a year
- c) Only when there is a problem

Correct answer is: b) Once a year



In regards to fall prevention, medications to check with your health provider include:

- a) Prescriptions
- b) Herbal supplements
- c) Vitamins
- d) Over the counter drugs
- e) All of the above

The answer is: e) All of the above



Having your vision checked regularly helps you to prevent a fall.

- a) True
- b) False

Correct answer is: a) True



People who are 60 need _____ times more light to see at night than teenagers.

- a) 5
- b) 10
- c) 15
- d) 20

Correct answer is: **b) 10**



The greatest health risk for older adults is living an inactive life.

- a) True
- b) False

Correct answer is: a) True

(World Health Organization, 2002)



Staying active helps:

- a) Keep your bones and muscles strong
- b) Keep your heart beating strongly
- c) Increase flexibility
- d) Improve balance
- e) All of the above

The answer is: e) All of the above



Activity can help prevent the following chronic diseases:

- a) High blood pressure**
- b) Osteoporosis**
- c) Dementia**
- d) Type 2 diabetes**
- e) Heart disease and stroke**
- f) All of the above**

Correct answer is: f) All of the above



You should aim for ____ minutes of activity every day.

- a) 10
- b) 15
- c) 30
- d) 45

Correct answer is: c) 30 minutes



Which statement is True?

- a) Falls just happen
- b) Falls are not a normal part of aging
- c) Falls cannot be prevented

Correct answer is: b) Falls are not a normal part of aging