



Client Mr. José S. with his BAYADA Nurse Kika Garcia-Awan

One Out of Three Patients Over the Age of 65 Will Suffer from a Debilitating Fall Each Year

Below are some statistics from the CDC:

- 60% of patients who fall will fall again within six months
- 55% of all falls take place at home
- Falls account for 25% of hospital admissions and 40% of skilled nursing facility admissions
- Falls are the leading cause of serious injury or accidental death over the age of 65
- Over 80 years of age, the chance of a fall increases to 50%
- In patients over the age of 85, 10% of falls lead to a broken hip, and 20% of those patients will die within one year
- Falls are the leading cause of death due to injury in the elderly
- One out of three patients over the age of 65 are afraid of falling

Patients with the following characteristics are at risk for a fall:

- Over the age of 65
- Poor eyesight and hearing
- Medical conditions that cause dizziness, shortness of breath, pain, or numbness in the lower extremities
- Illness that affects strength and balance, such as osteoporosis or arthritis
- Improper use of new assistive walking devices
- Take four or more medications, or have had a medication change with the last 2 weeks
- Sleep problems or incontinence

What can BAYADA do for your at-risk patients?

- Full safety assessment of your patient and the safety of their home
- Medication review and reconciliation
- Strengthening and endurance-building exercises, along with creating a home exercise program
- Balance training
- Education on proper use of assistive devices
- Education on risk factors and full medical assessment
- Procure home safety equipment, such as grab bars and hand rails, and remove clutter from the home

What are the economical impacts to the health care system from falls?

- The average cost of a fall is \$19,440
- More than \$30 billion annually is spent on health care related to falls

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