

Home SAFE Initiative: The Challenge

Each year, millions of adults aged 65 and older fall.¹ Falls can cause moderate to severe injuries. Fortunately, falls are a public health problem that is largely preventable.

How big is the problem?

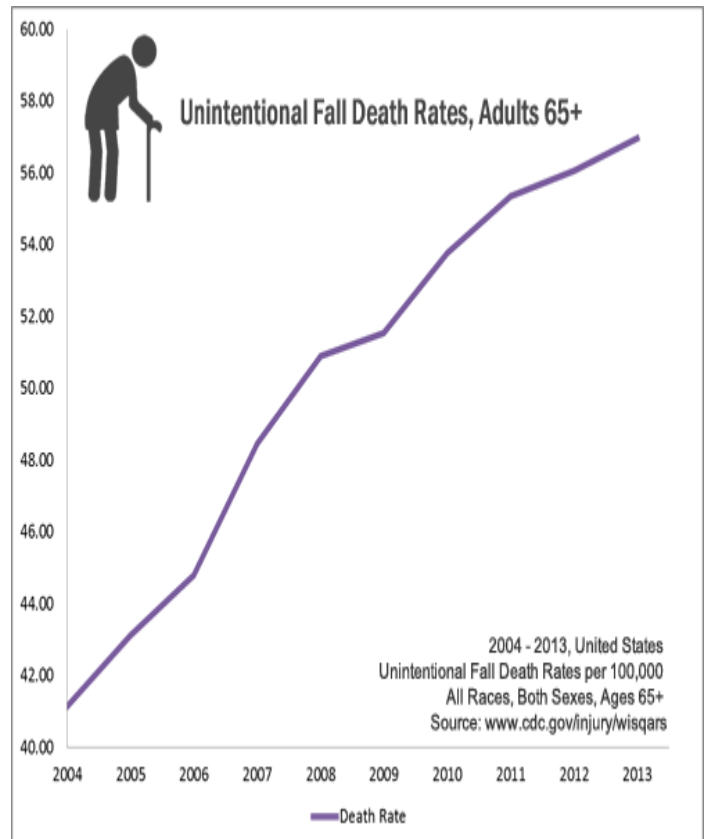
- One out of three older adults (those aged 65 or older) falls each year¹ but less than half talk to their healthcare providers about it.²
- Among older adults, falls are the leading cause of both fatal and nonfatal injuries.³
- In 2013, 2.5 million nonfatal falls among older adults were treated in emergency departments and more than 734,000 of these patients were hospitalized.³
- In 2013, the direct medical costs of falls, adjusted for inflation, were \$34 billion.⁴

What outcomes are linked to falls?

- Twenty to thirty percent of people who fall suffer moderate to severe injuries.^{5,6} These injuries can make it hard to get around or live independently.
- Falls are the most common cause of traumatic brain injuries (TBI).⁵
- Most fractures among older adults are caused by falls.⁸
- Many people who fall, even if they are not injured, develop a fear of falling.¹⁰ This fear may cause them to limit their activities, leading to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling.¹¹

Who is at risk?

- In 2013, about 25,500 older adults died from unintentional fall injuries.³
- 40% higher for men than for women to die from a fall than for women.³
- Older whites are 2.7 times more likely to die from falls as their black or hispanic counterparts.³
- People age 75 and older who fall and be admitted to a long-term care facility for a year or longer.¹³
- Rates of fall-related fractures among older women are more than twice those for men.¹⁴
- Over 95% of hip fractures are caused by falls.¹⁵ Each year, there are over 258,000 hip fractures and the rate for women is almost twice the rate for men.¹⁷
- White women have significantly higher hip fracture rates than black women.¹⁷



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Home SAFE Initiative: The Solution

BHO-Home SAFE has adopted these 6 steps:

1. Remove Tripping Hazards

- Remove clutter and obstructions in major walkways around the home.

2. Increase Lighting

- Improve lighting within and outside the home to ensure visibility.

3. Make Floors Safe

- Repair weak spots, holes, and rippled flooring, retrofit bathrooms and other areas of the home to prevent falls.

4. Install Grab Bars

- Keep your bathroom and other areas of your home safe by installing grab bars to help with balance.

5. Improve Fire Safety, Steps and Doorways

- Install 10 yr. smoke detectors and CO2 Alarms. repair steps, porch, and ramps for safe entry ways to home.

6. Talk to Your Family Members

- Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue, it's a family concern.

BHO-Home SAFE will work with our partners and supporters on this an Evidence-Based Falls Prevention Program: Saving Lives, Saving Money, and Ensuring Seniors' Dignity and Quality of Life.

**Data, and programming obtained from Center for Disease Control and Prevention and the NCOA.



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