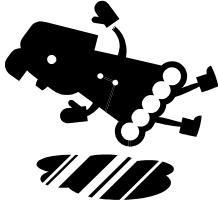


Geriatric Fast Facts



Topic: Falls in the Elderly

FALLS are the leading cause of injury in older adults and the 6th leading cause of death in persons over 65. Falls in older adults are usually **multi-factorial**. Risk factors for falls may include:

Risk Factor	Description
Environmental Factors	Most recognizable and easiest to change . Includes risk factors such as poor lighting, tripping hazards, slippery surfaces, stairs or unstable furniture.
Physical Factors	Associated with aging or chronic conditions, decreased muscle strength, gait impairment, reduced vision , reduced hearing , and impaired cognition . Medical conditions causing problems with gait, balance, dizziness, syncope, and impaired perception (stroke, seizures, vertigo etc.) can also contribute to risk for falls.
Medication Factors	Taking more than 4 medications and certain types of medications (such as psychotropics, narcotics, and diuretics) can increase risks of falls; or other factors such as combinations of drugs, over-medication, misuse / misunderstanding of medication, and timing of medications can all lead to increased risk of falls.
Activity Factors	Small, yet crucial declines in functional ability may increase risk of falls. Activities that were once easy now present challenges such as manoeuvring on icy sidewalks, reaching high places, getting in and out of bath tub, and toileting.

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