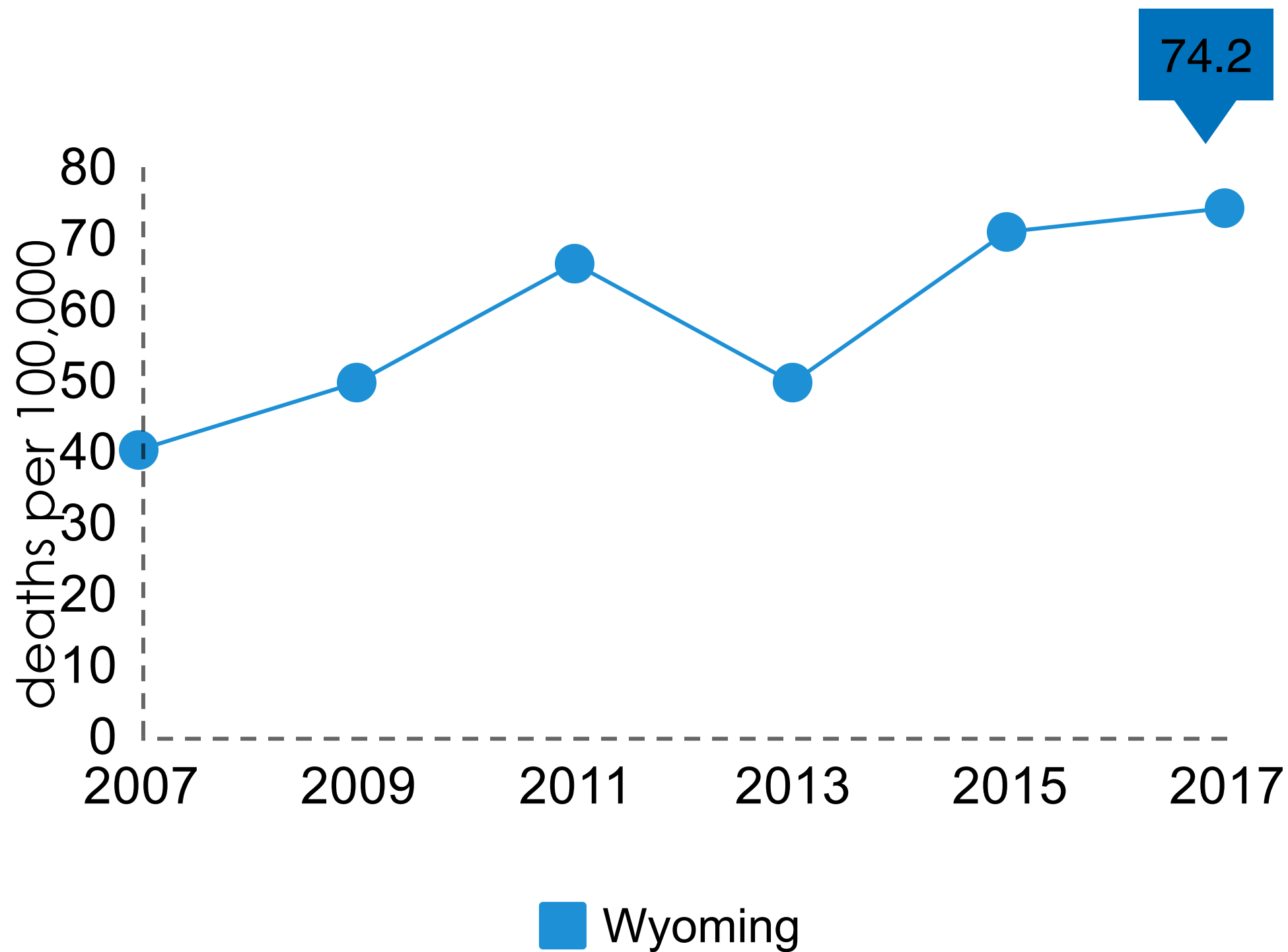


Older Adult Falls

Wyoming

Falls are the leading cause of injury among WY residents 65 years and older.

Fatal falls among adults 65+ are increasing.



Since 2004, the number of fatal falls among older adults in Wyoming has increased 150%. In 2017, 68 older adults died from a fall-related injury.

Since 2009, non-fatal fall hospitalizations have decreased; however, each year in Wyoming there are approximately 865 non-fatal fall hospitalizations among older adults.

Wyoming ranks among the top 10 states with the highest percent of adults reporting a fall and among the top 25 highest states reporting a fall-related injury.

In 2014, 31% of WY residents 45+ years reported falling at least once in the last year.



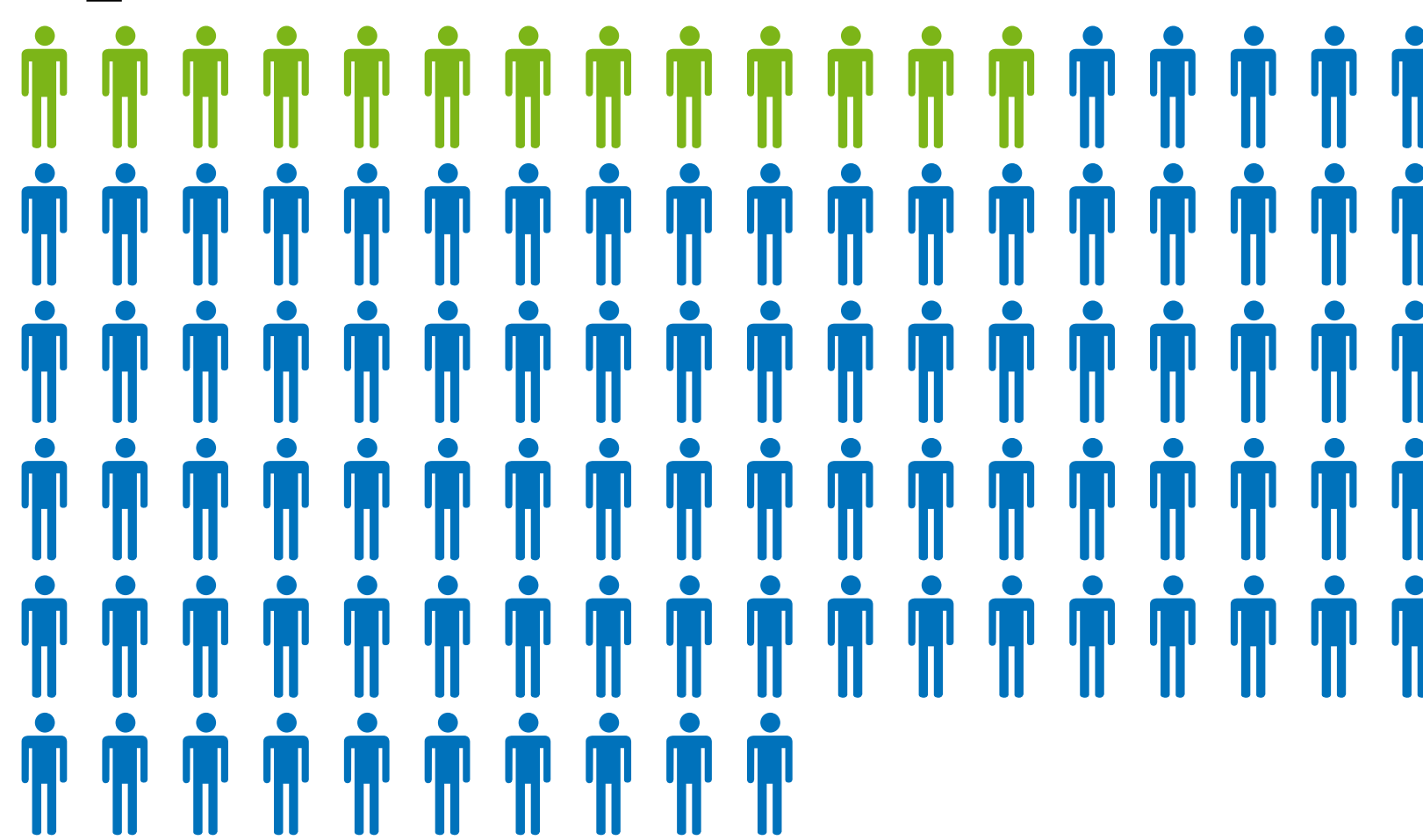
That's an estimated 73,005 people.

Women are more likely to be hospitalized for a fall compared to men.



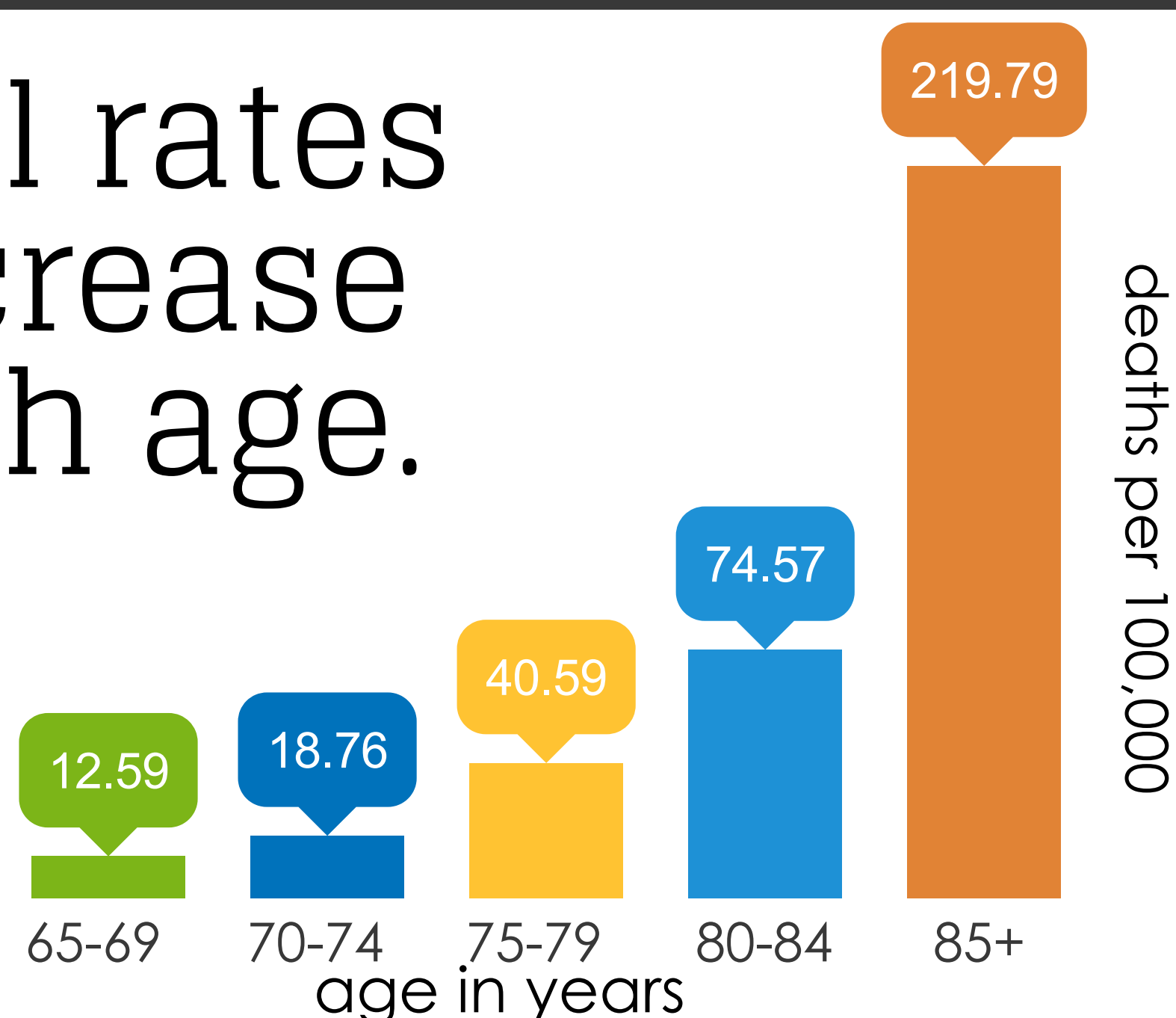
Men are more likely to die from fall.

Falls disproportionately impact older adults.



Older adults represent 75% of fatal falls and a similar number of non-fatal fall hospitalizations even though older adults only represent 13% of the Wyoming population.

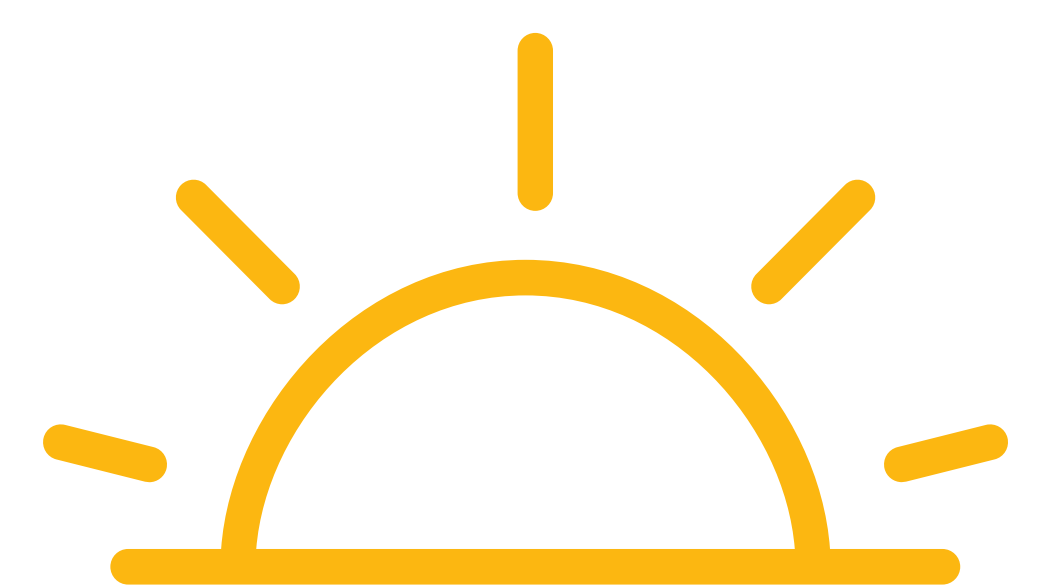
Fall rates increase with age.



\$9,739,000

The estimated combined work loss cost and medical cost of fatal falls among older adults in Wyoming in 2015.

The average length of stay for an older adult hospitalization related to falls is



4.6 days

Unintentional falls can be prevented.

Falls are not a normal part of aging and can be prevented. The majority of falls are caused by a combination of risk factors. The more risk factors a person has, the greater his/her chance of falling is. Learn what risk factors put you at risk for falling. Many of these factors can be modified or changed to reduce your risk of falling.



Talk with your doctor about medications you are taking or medical conditions that might make you unsteady on your feet.



Always wear supportive shoes, even around the house.

Build your balance, strength, and flexibility.

Studies have shown older adults who complete a falls prevention course, such as Tai Chi, are less likely to fall.



Get your vision and hearing checked annually and keep your prescriptions up-to-date.



Stay connected and plan regular outings with friends and family. Don't let a fear of falling limit your daily activities.

40% of falls causing hospitalization among Wyoming older adults happen at home.

Stairs and Steps

- Are any steps loose or in disrepair?
- Are hand rails installed on both sides of steps or stairs?
- Are stairs free of clutter?

Pathways and Living Spaces

- Are walking areas clear from clutter and tripping hazards?
- Are rug edges and floor transitions smooth?
- Is furniture arranged for easy movement?



Lighting

- Are all areas brightly lit?
- Are light switches accessible?
- Is there a light switch or lamp in reach of your bed?
- Are night lights used?

Bathroom

- Are there non-slip strips or mats installed in tubs and showers?
- Are there grab rails near tubs and showers for getting in and out safely?
- Is a bench or chair available for use in tubs and showers?

Bedroom

- Is your bed an appropriate height to get in and out of easily?
- Is there a place to put your glasses and walking aid within reach of your bed?