FALLS COST EVERYONE
URGENT INVESTMENT IN PREVENTION IS NEEDED

Falls in older people are increasing due to an ageing population and increasing frequency.¹

In 2020, there were over 4 million Australians aged 65 years or over. By 2040, there will be over 6 million older Australians.²

Fall injuries among older people are a large and growing problem in Australia.³

Every day 364 Australians aged 65+ have a fall that PUTS THEM IN HOSPITAL.

Older Australians HOSPITALISED yearly because of a fall:

- 130,000 IN 2020
- 200,000 BY 2040

Older Australian DEATHS each year from a fall:

- 5,000 IN 2020
- 8,000 BY 2040

Injuries from falls are a huge burden on health services.

In 2020, treatment of injuries from falls in older people came at a price tag of over $2.3 billion. There were multiple flow-on effects for ambulance services, loss of independence by older people, and family impact.

There is one fall-related VISIT TO AN EMERGENCY DEPARTMENT by an older person every 2 minutes 30 seconds.

Each year over 1.2 million fall-related PATIENT CARE DAYS are needed by people over 65 years.²

ADMISSION TO AGED CARE is twice as likely for those hospitalised for a fall than for other reasons.

Australia has no national falls prevention strategy.

Coordinated action on falls prevention will have quick returns. Strong evidence suggests that falls can be reduced by 30% in 12 months.¹³

A new report from the Australian and New Zealand Falls Prevention Society (ANZFPS) has summarised the most cost-effective strategies to reverse the increasing burden of fall:

TARGETED INTERVENTIONS for people with specific falls risks.¹

EXERCISE FOR OLDER AUSTRALIANS, living independently and in residential aged care - targeting functional abilities, balance and strength.³

We need...

1. Establishment of a National Falls Prevention Coordination Group.
2. Development, funding and implementation of a five-year national plan for preventing falls in people aged 65+ as well as people across the lifespan to create a future cohort of older people with reduced risk of falling.
3. Engagement of all levels of government and a broad range of sectors in developing and implementing this plan.

REFERENCES

2. AIHW. Falls in older Australians, 2019-20
3. Sherrington et al. Cochrane Database of Systematic Reviews 2019, CD012424

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