



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.²

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.



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

Older Australians **HOSPITALISED** because of a fall:



130,000

IN 2020

200,000

BY 2040

Older Australian **DEATHS** from a fall:



5,000

IN 2020

8,000

BY 2040



There is one fall-related **VISIT TO AN EMERGENCY DEPARTMENT** by an older person **every 3 minutes 45 seconds**.



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



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.^{1,3}

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 of this plan.

REFERENCES

1. WHO. Step Safely - Strategies for preventing and managing falls across the life-course. 2021. ISBN: 978-92-4-002191-4
2. AIHW. Falls in older Australians, 2019-20
3. Sherrington et al. Cochrane Database of Systematic Reviews 2019, CD012424

