



# Patient Education Resources for Prevention of Falls

## SCOPE OF THE PROBLEM

- Between 30 and 40 percent of people over 65 years old who live at home fall each year<sup>1</sup>.
  - Rate increases to about 50 percent for those 80 years and older.
- Falls are the leading cause of fatal and nonfatal injuries among persons over 65 years old<sup>2</sup>.
  - Falls are equally common among men and women, but are more likely to result in injury in women.
- After a fall, many people develop a fear of falling even if they are not injured.
  - This fear can lead to reduced mobility, which in turn lowers a person's level of physical fitness and increases their fall risk.<sup>3</sup>
- Estimated direct medical costs for fatal and nonfatal fall-related injuries for people 65 years or older in 2000 was \$19.2 billion.<sup>1</sup>
  - Costs are projected to reach \$43.8 billion by 2020.

## AVAILABLE PATIENT EDUCATION RESOURCES

Advise patients to review the [Falls and Fall Prevention](#) article on [kp.org/mydoctor](http://kp.org/mydoctor). Once there, they can watch a [Preventing Falls video](#) which guides patients through simple steps to make their home environment safer and reduce their risk of falling. Direct patients to the [Health Tools and Classes](#) tab to find local falls prevention classes.

### After Visit Summaries (AVS) and Patient Instructions

SmartPhrases	Existing SmartText Titles
.pifallsprevent*	PREVENTING FALLS PI NATL
.pifallspreventoutdoors*	PREVENTING OUTDOOR FALLS PI NATL
.pifallspreventanddiabetes*	DIABETES AND PREVENTING FALLS PI NATL
.pifallspreventgetupsafely*	HOW TO GET UP SAFELY AFTER A FALL PI NATL

\*Access the Spanish version by typing "sp" or "spanish" at the end of the SmartPhrase.

### Tip sheets are posted on Clinical Library or ready for purchase\*\*

- [Checklist for Preventing Falls at Home](#) Order information: English ID# 011061-239, Spanish ID# 011061-240, Chinese ID# 011061-241
- [Prevent Falls: What You Can Do](#) Order information: English ID# 011061-249, Spanish ID# 011061-247, Chinese 011061-248
- **A Guide to Preventing Falls: Simple Steps to Reduce Your Risk** (booklet): ID# 11728)

\*\* English tip sheets available via HPUBS. Spanish and Chinese tip sheets available via eProcurement (ARIBA).

## REFERENCES

1. "Primary Care—Relevant Interventions to Prevent Falling in Older Adults: A Systematic Evidence Review for the U.S. Preventive Services Task Force," YL Michael, et al., *Annals of Internal Medicine*, December 2010. Vol. 153, No. 12, p. 815-825.
2. "Interventions for preventing falls in older people living in the community (Review)," *The Cochrane Collaboration*, 2009, Issue 2.
3. "Fear of falling and restriction of mobility in elderly fallers," BJ Vellas, et al., *Age and Aging*, Oxford: May 1997. Vol. 26, Iss. 3; pp. 189-193.