



# Falls

Olivia Brewster

The background of the slide features a repeating pattern of a logo. The logo consists of the text "b fit forever" in a blue, sans-serif font, arranged in a semi-circle at the top. Below the text is a stylized graphic of a person's legs in a blue, dynamic pose, with a white infinity symbol positioned between the legs. The letters "bff" are written in a small, blue font below the infinity symbol. The entire logo is repeated across the slide in a light blue color.

# Definition of a Fall (NHS)

“Unexpected event in which a person comes to the ground or other lower level with or without loss of consciousness”.

# Older adult population

Over 11 million aged 65 and over (2021 census data) 18.6 % UK population

5.5 million people aged 75 and over in the UK 8% of the UK population

3.2 million over 80 4% UK population

By 2035 there will be over 7 million people aged 75 and over

15% of the total population



# Fall Occurrence

An elderly person aged 80+ falls every 10 seconds in the UK

1 in 3 over 65s have at least one fall a year

1 in 2 for people aged over 80

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# Fall Risks

Frailty

Arthritis

Vision Loss

Living longer with co-morbidities, diabetes, heart disease, low blood pressure, dementia....

# Hospital Visits

1 in 5 falls experienced by people over 80 results in hospital visits – 20%

1 in 10 falls experienced by people over 70 results in hospital visits – 10%

6% for people aged 70-74

4% for people aged 65-69

# Ambulance Wait Times

The South West has the overall longest wait times in the UK being over 14 hours

The East of England comes in second with an average wait time of 14 hours

The North West comes fourth out of 10 locations covering the UK with 13 hours

# NHS Ambulance Costs

10 – 25 % of ambulance call outs for 65 and over are due to falls

1 in 10 ambulance call outs in the UK are to people over 65 who have fallen

A cost of £350 million per year to the NHS for A&E, triage and an overnight stay



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# Fallen Times

On average older adults wait 9-20 minutes until they get help

In some cases, this was reported as over an hour – a 'Long Lie'

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# Fall Prevention Strategies

Regular medical check-ups  
Environmental modifications

Technology

Musculoskeletal

Mobility

Activity modification



Thank you