Falls are a major health issue in our community, with around 30% of adults aged over 65 years experiencing at least one fall per year. In Queensland, 36 older people are admitted to hospital due to falls every single day, yet many falls can be prevented.

As part of Queensland Health’s April No Falls campaign, Sunshine Coast Hospital and Health is promoting its comprehensive falls prevention strategy, developed by the Allied Health team.

Executive Director of Allied Health, Gemma Turato says engaging with older people is an integral part of preventing and minimising harm from falls.

“Falls are not an inevitable part of ageing and there are a number of positive steps people can take to remain active, independent and on their feet,” Ms Turato said.

“For many older people, factors such as a fear of falling and reduced activity levels can greatly affect quality of life for older people.”

“The SCHHS has developed a comprehensive falls prevention and management for adult’s procedure. The procedure provides local guidelines for staff in order to reduce the incidence of falls and the harm resulting from falls for adults aged over 65 years and Indigenous Australians aged over 50 years,” Ms Turato said.

Falls among the older community are costly. Hospital data for Queensland shows fall related injuries among 65 years and over was estimated to be $118.9 million.

**Tips on what you can do to prevent falls:**

- Some medications can increase your chances of experiencing a falls related injury. It’s important to regularly review your medications with your treating doctor.

- Regular exercise can improve strength, balance, and power and therefore help prevent falls. Walking, swimming, yoga, Pilates, and tai chi are all good options. Speak to your health professional to see what exercises are best.

- Eating a healthy diet and drinking plenty of water can ensure that your body is correctly hydrated and has the right amount of nutrients to sustain a healthy lifestyle. Make an appointment with your local nutritionist/dietitian for more information and assessment.

- Remove clutter from your home and ensure that you have the right equipment in the home so that you stay safe. Consider buying non slip socks.
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- If you have other chronic health conditions understand the risks these can have on falls and have regular reviews with your treating doctor.

- Spend some time outdoors; this can boost your energy levels, improve your mood, and boost your vitamin D intake.

For more information visit: https://www.health.qld.gov.au/stayonyourfeet/aprlnofalls

ENDS

Media contact: Alexia Kelly Ph: 5202 0083 | 0408 713 747