

## FALL FACTS IN OVER 65's

**4** MILLION  
HOSPITAL BED  
DAYS EACH YEAR  
[Source: Royal College of Physicians]



**60%** OF PEOPLE  
WHO FALL ON  
THE STAIRS DIE  
[Source: RoSPA]

**1 IN 10**  
WHO FALL HAVE INCREASED ISOLATION  
AND REDUCED INDEPENDENCE  
[Source: Help the Aged]

AFTER A FALL  
THERE IS  
**10%**  
PROBABILITY OF  
DYING WITHIN  
A YEAR  
[Source: Help the Aged]

AFTER A FALL THERE IS  
**50%**  
CHANCE OF IMPAIRED  
MOBILITY AFTER  
A FALL  
[Source: Help the Aged]

**70,000**  
HIP FRACTURES  
ANNUALLY ARE THE  
LEADING CAUSE OF  
ACCIDENT MORTALITY



**£2 BILLION**  
ANNUAL  
COST TO THE  
**NHS**  
[Source: ibid]

**1 IN 3**  
CHANCE  
OF AT LEAST  
ONE FALL  
A YEAR  
[Source: NHS Choices]



PEOPLE DIE  
EVERY DAY AS A  
RESULT OF A FALL  
**13**  
[Source: Help the Aged]

## Preventing Falls Around Your Home



Showroom: 25 Harris Road, Calne,  
Wiltshire, SN11 9PT

**0800 019 22 10**

[www.1stchoicestairlifts.com](http://www.1stchoicestairlifts.com)

**1st Choice  
Stairlifts**  
LIVE YOUR LIFE, YOUR WAY

### HAVING A FALL IN YOUR HOME CAN BE LIFE CHANGING

The statistics are quite alarming!

Did you know that if you're over 65,  
you have a 1 in 3 chance of falling?

Loss of mobility and independence,  
a long stay in hospital or a permanent  
move to a care home can all be  
possible outcomes.

### ARE YOU MORE SUSCEPTIBLE TO HAVING A FALL?

The main factors can include:

- ◆ Dizziness and loss of balance.
- ◆ Health conditions that impair our mobility and ability to judge spaces and steps.
- ◆ Increased chance of another fall if you've already had one.
- ◆ Poor vision and not being able to see clearly.
- ◆ Hazards around the home.



### HOW CAN YOU REDUCE THE RISK OF A FALL?

There are lots of simple things you can  
do to prevent or minimise the risk of  
falling in your home.  
Here are some top tips for reducing  
the risk of a fall on the stairs:

- ◆ Get rid of trip hazards - avoid leaving items on the stairs. 
- ◆ Make sure your stair carpet is secured and worn carpets replaced. Get rid of rugs too.
- ◆ Have securely fitting footwear.
- ◆ Your staircase and hallway should be well lit.
- ◆ Bannisters and handrails should be secure and sturdy. 



- ◆ Health checks with your opticians, podiatrist and GP can help. If you're able to, try and do a little exercise each day to help your mobility.
- ◆ Don't stand behind someone and help them up the stairs – it can be dangerous if one of you falls, it's likely the other one will too.

### THE MORE SERIOUS FALLS HAPPEN ON THE STAIRS AND OVER 60% OF THESE FALLS RESULT IN SOMEONE DYING

If you need to be safer on the stairs,  
consider having a stairlift fitted.  
We have lifts for straight, curved  
and narrow stairs, and even  
vertical homelifts.

Call us for a free survey today.

For free, impartial advice on lifts  
- please give us a call on

**0800 019 22 10**

[www.1stchoicestairlifts.com](http://www.1stchoicestairlifts.com)