

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

PFAYH vs: 1 Sep-19



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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.

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