

HELPING PREVENT FALLS

Give falls the boot

HELPING TO PREVENT FALLS STEP BY STEP

THE FACTS

How common are falls?



Each minute, **6 people over 65** suffer a fall¹



1 in 3 older people fall every year²

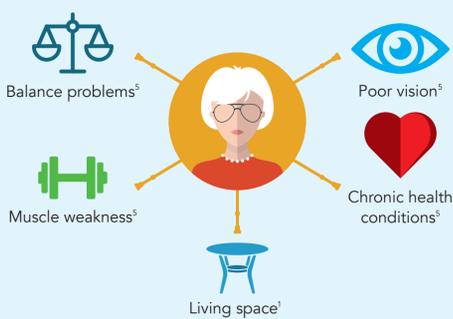
50%

of people who fall do so **twice or more a year**³



70,000 hip fractures as a result of a fall are reported annually⁴

What causes people to fall?



What are common risk factors?



What is the impact on the patient?



Falls are the **leading cause of death** due to injury among older people⁶



Falls knock confidence, increase isolation and **reduce independence**⁷



10% of older people **feel less independent** after experiencing a fall⁸



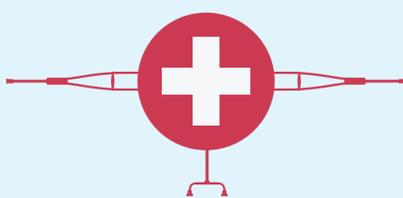
50% of people can **no longer live independently** after a hip fracture⁹

HOW DO FALLS IMPACT THE NHS?

The impact on resources



Falls and fractures account for over **4 million hospital bed days** annually³



10% of all ambulance calls are reporting falls⁷



Over **700,000 calls** to the emergency services each year⁷

The financial impact of falls



Falls cost the NHS **£6 million per day**¹⁰



Ambulance call-outs cost **£115 per visit**¹¹



Hip fractures as a result of falls alone cost over **£2.3 billion per year**¹⁰

WHAT CAN WE DO TO HELP PREVENT TRIPS AND FALLS?

Undertake exercise



Recommend exercise at least two – preferably three – times a week



Aim to increase balance and stability, and maintain muscle mass



A tailored programme could reduce fall risk by 55%¹²



Recommend local community exercise classes

Improve diet



Eat a healthy, balanced diet including vitamin D to maintain strong bones and muscles



Vitamin D can be found in fatty fish such as tuna, mackerel and salmon



Calcium helps minimise bone loss

Wear appropriate footwear



Ensure footwear is secure and well-fitted



Avoid backless, toeless or unfastened shoes



Always wear specialist footwear on bandaged or swollen feet



Remove slip and trip hazards at home



Check eyesight regularly



Reduce the risks



Review medications



Fit banisters and handrails



Get involved in local support schemes

GIVE FALLS THE BOOT WITH KERRAPED®



66% of patients wear the wrong footwear¹³



Kerraped reduces plantar pressure by up to 30% and helps prevent falls¹⁴

Product features



Ideal for people with:



Swollen feet and legs



Bulky foot dressings and bandages



Limited mobility and/or dexterity



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