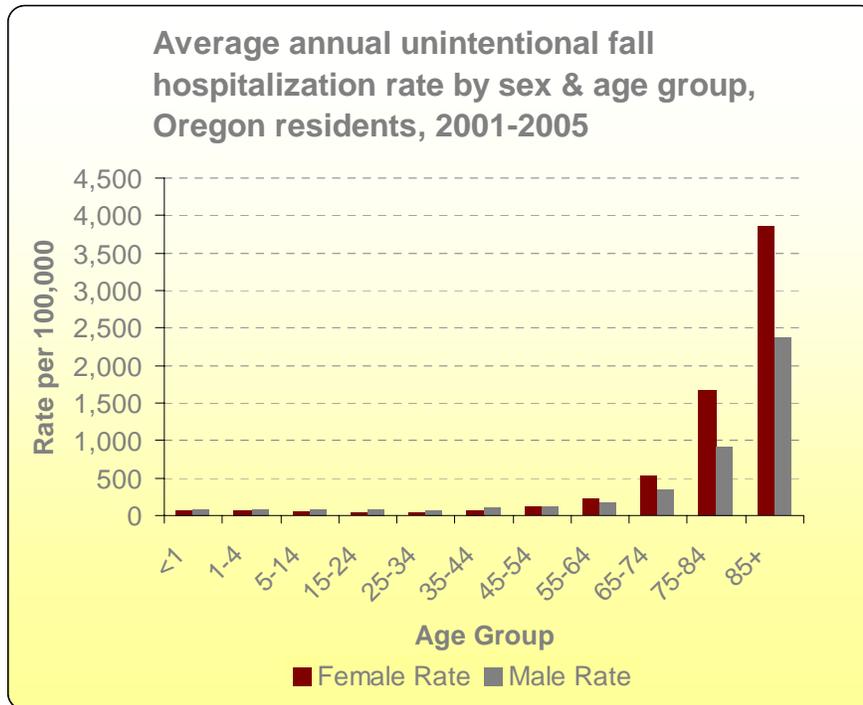


Falls Among Older Adults



What is the impact of falls among the population of older adults in Oregon?

- Falls are the leading cause of injury hospitalization in Oregon.
- On average, there are more than 5,000 hospitalizations each year among Oregonians 65 and older.
- Rates of both hospitalization and death due to falls are vastly greater in the older age groups, and increase with age.
- The death rate in adults over age 65 due to falls has increased significantly between 2001 and 2005 from 56 per 100,000 in 2001 to 70 in 2005.

What are the causes and costs of falls?

- The risk of falls increases with age.
- The total medical charges that resulted from fall hospitalizations among elderly Oregonians topped \$121 million in 2006 alone, nearly doubling since 2000. About 65 percent of all hospitalization costs for falls are attributed to persons 65 and older.

What is recommended to help prevent falls?

- Evidence-based Tai Chi programs for the elderly have been shown to effectively reduce falls through improving strength and coordination.
- Home safety assessments and medical assessments may help prevent falls through identifying risks.

For more information contact:
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