

# Why we need to pay more attention to falls

Falls are a **significant problem**, yet they do not receive significant attention.

Every day  
**364**  
Australians aged 65+  
have a fall that puts them in hospital

Every day  
**14**  
will die from a fall

Falls among those aged 65+ cost our health systems

**\$2.5b** \$  
each year

Approx  
**1/3**  
of falls can be prevented

Falls can **happen to anyone**, and they can have devastating consequences.

“I fell into the street, stepping off the curb...that fall was scary.”  
excerpt from Annie’s story, heartofida.org



**Coordinated efforts are needed to prevent falls.**  
We need better commitment and action:



### Government

Policy, coordinated planning, funding, communication and awareness



### Investment

Nationally-funded fall prevention strategies, frameworks, and actions

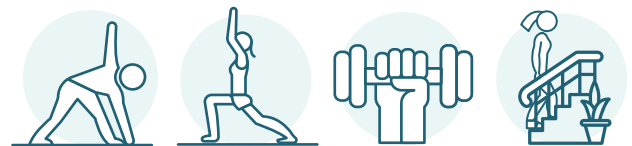


### Community-wide

Commitment and action at all levels, with accessible fall prevention programs for home, community, hospitals and aged care available

Currently prevention of falls is under-funded, poorly coordinated, inadequately resourced with low awareness across government and the community.

Among the many evidence based interventions to avoid a fall, exercise that aims to improve balance and leg strength is most effective. As an individual, you can take action and reduce your risk of falling. Talk to your doctor for other effective strategies.



Incorporate balance and strength exercises **2-3 times a week** into your weekly recommended **150-300 minutes** of moderate exercise.

Balance and functional strength exercise

**DID YOU KNOW:** there are benefits to improving your balance and strength – at any age.

Safe exercises you can do at home  
[www.safeexerciseathome.org.au](http://www.safeexerciseathome.org.au)

Australian & New Zealand Falls Prevention Society

NSW Fall Prevention & Healthy Ageing Network

Centre of Research Excellence  
**Prevention of Falls Injuries**