



# PREVENTING FALL RELATED INJURIES IN GEORGIA

A Collaborative Resource Provided by the Georgia Committee for Trauma Excellence

## Facts & Statistics

#preventTRAUMA

**Falls are the leading cause of all injury hospitalizations and the leading cause of death for Georgians 65 and older.**

(GA OASIS (<https://oasis.state.ga.us/>)) (CDC/WISQARS)

Older adults are particularly vulnerable to injury due to falls. Georgians 65 years of age or older were **18 times** as likely to be hospitalized for a fall and **30 times** as likely to suffer a fatal fall, compared to younger Georgians. (Georgia Department of Public Health Online Analytical Statistical Information System (<https://oasis.state.ga.us/>))

## What are we doing to prevent injuries?

**Falls in older adults can be prevented** by improving home safety, balance skills, strength, and self-confidence.

Trauma centers and partner agencies throughout the state offer evidence-based programs and outreach activities to reduce the incidence of falls and improve mobility.

Here are some examples:

### *A Matter of Balance*

A Matter of Balance is an evidence-based program that has proven to be effective and is highly recommended by the National Council on Aging and the American Trauma Society. Studies have shown that this intervention results in \$938 savings in unplanned medical costs per Medicare beneficiary.

### *STEADI & Falls Screens*

Evidence-based falls risk screening and assessment help providers to identify patients who may be at risk of falling and recommend ways to reduce their risks of falls. The Centers for Disease Control and Prevention's STEADI initiative provides training, tools, and resources for health care providers to help assess fall risk and refer their patients to program that will help them stay healthy and active.

### *National Falls Prevention Awareness Day*

Georgia's 2017 Falls Prevention Awareness Day reached more than 3,500 residents. The annual event raises awareness about how to prevent fall-related injuries and improve health and mobility among older adults. National, state, and local partners collaborate to educate others about the impact of falls, share fall prevention strategies, and advocate for the expansion of evidence-based community fall prevention programs.

### *Skills building seminars and workshops*

Trauma centers and partner agencies conduct seminars and workshops to raise awareness of the risks of falls, steps that older adults and caregivers can take to reduce falls, and improve balance skills.



### **Fall Prevention Partners**

- \* Georgia Trauma Centers
- \* The Injury Prevention Research Center at Emory
- \* Georgia Tools for Life
- \* Shepherd Center
- \* Georgia Department of Public Health
- \* Department of Human Services, Division of Aging
- \* Area Agencies on Aging

...and more