

Falls Among Older Adults¹ in Canada



Falls are the leading cause of injury related hospitalizations and death:

over **83%** of fall-related hospitalizations were among older adults living in household residence² and **61%** of falls occurred while walking.³

Outcomes

Falls cause **89% of injury related hospitalizations**—for both **men and women**, hospitalization rates increased with age, yet rates among women were consistently higher compared to men⁴

34% of fall-related hospitalizations involved a **hip fracture**⁴

\$5.6 billion a year in direct health care costs due to falls among older adults in Canada⁵

Other Impacts

70% of older adults suffering a fall related injury **sought medical attention**, mostly in a hospital emergency department³

Fall-related **hospital stays** typically last **9 days longer**⁶ than an average hospital stay for those over 65 years old⁷

Falls can result in disability, hospitalization, increased caregiver responsibilities, admission to long-term care and even death

Trends

↑ Hospitalizations for fall-related injuries **increased 36%** between 2008 and 2019 for **older adults living in residential care facilities** and **50%** for those living **in household residence**

↑ Deaths due to falls **increased 51%** from 2017 to 2022

Falls can be prevented

Prevention efforts involve a number of key strategies. For example: individuals can perform balance and strength exercises; communities can provide educational opportunities to older adults on fall prevention strategies.

For more data please see:



[Surveillance report on falls among older adults in Canada](#)



[Falls Among Older Adults in Canada](#)



[At-a-glance—Temporal trends and characteristics of fall-related deaths, hospitalizations and emergency department visits among older adults in Canada](#)

¹ ages 65+ ² 2019/2020 ³ 2017/2018 ⁴ 2022/2023 ⁵ 2018 ⁶ 9 days refers to the total length of acute care and alternate level of care in the hospital ⁷ 2008/2009 to 2019/2020

