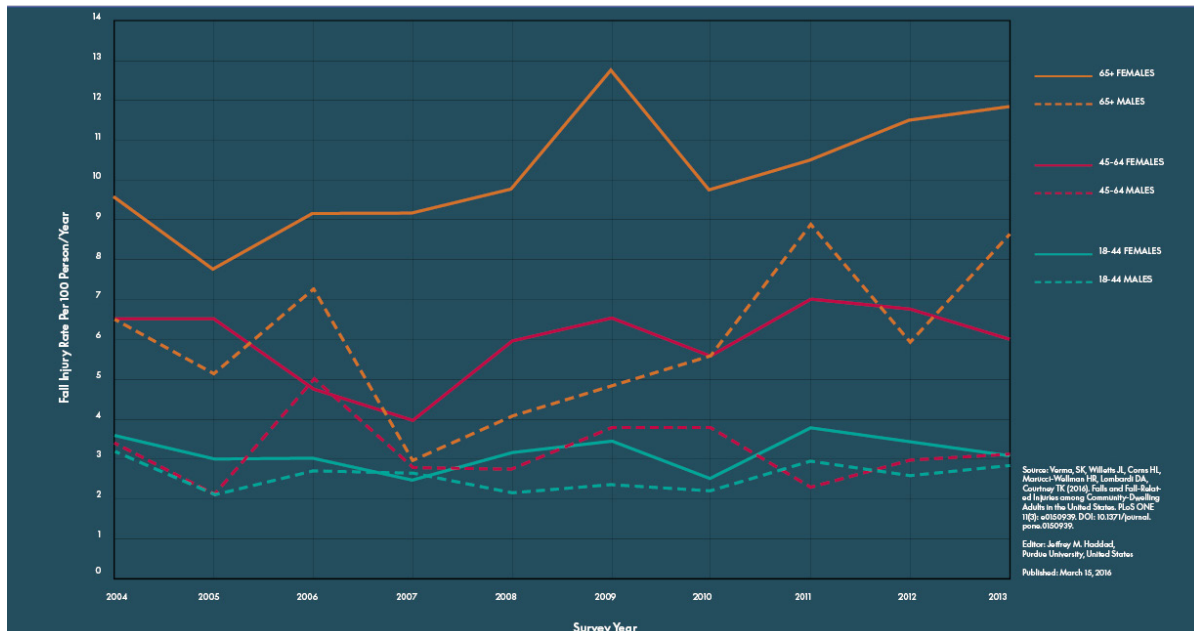


The truth about falls.

What the data tells us.

- 60% occur at home
- Not all involve seniors
- Fall injuries occurred in 32.2% of **seniors**, while 67.6% occurred almost evenly between **middle age** and **younger adults**.



What happens?

- Each year, 3 million older people are treated in EDs for fall injuries. One in five people has a head injury or a broken hip. Others have sprains, dislocations, abrasions, and open wounds.

What to Do?

- **Talk to your doctor.** Have them evaluate you for risks, review medications, do strength and balance exercises, check your eyes, and **make your home safer.**

Information presented by Liv-Connected's Health Insights team. We are not here to give medical advice, but would like to provide you with resources to market-tested health tools that can help you optimize care at home. Always consult with your medical professional if questions or emergencies arise.