



# FALLS AND SENIORS

Due to the growing aging population, unintentional falls are a critical health issue for Santa Clara County. Currently, more than 10% of residents are age 65 and older. By the year 2020, more than one in six will be 65 and older. Preventing falls is an effective way to help seniors stay healthy, independent and reduce premature death. It also alleviates concern and hardships for caregivers.

- Unintentional falls are the leading cause of deaths and nonfatal injuries for those 65 and over in Santa Clara County.
- In 2014, there were 2,257 ambulance transports among seniors due to falls; 68% were for adults 80 years and older.

## Prevention

There are four ways to effectively prevent Falls:

- Exercise
- Check vision
- Make the home safer
- Review medicines

To get more information on how to prevent falls, please go to:

[www.svhap.org](http://www.svhap.org)



[www.sccemsagency.org](http://www.sccemsagency.org)

[www.Facebook.com/SantaClaraCountyEMS](https://www.facebook.com/SantaClaraCountyEMS)

XSCEMS on Twitter

