



Renfrew County and District Health Unit

Media Release

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Health Unit releases report on fall-related injuries and how to prevent them

Falls are the leading cause of injury for older adults in Renfrew County and District. The report [*Injuries Caused by Falls Among Older Adults in Renfrew County and District*](#) highlights local falls prevention resources and what can be done to prevent falls among older adults.

The rate of falls among older adults in Renfrew County and District is higher than in other parts of Ontario. Falls are a serious public health concern and have a significant impact on the injured individual, their caregivers, families and friends, local health care providers and hospitals. As the population of older adults continues to grow, injuries caused by falls are placing an even greater burden on the health care system.

“This report gives the reader current information on falls happening in our communities and encourages them to make a Fall Prevention Plan,” states Raili Quathamier, Public Health Nurse at the Health Unit. “A Fall Prevention Plan could be made for yourself, your client or a loved one,” continues Raili.

The report promotes the following six (6) actions to prevent falls:

1. Find and remove hazards in the home
2. Exercise for strength and balance
3. Manage medications and their side effects
4. Have the right safety and protective gear
5. Have regular health check-ups
6. Eat healthy meals and stay hydrated

Find out more about fall-related injuries and how to prevent them by reading the full report, downloading the report [video](#) and sharing the report [infographic](#) available at www.rcdhu.com. You can also call the Renfrew County and District Health Unit Health Info Line at 1-800-267-1097 Ext. 666 to speak with a nurse.

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