

FALL PREVENTION TRIVIA

For how many minutes each week should adults aged 65+ be active?

A

60 minutes

B

120 minutes

C

150 minutes

D

180 minutes

ANSWER: C) 150 minutes

Adults aged 65+ should aim for 30 minutes or more of moderate-vigorous physical activity at least 5 days each week, for a total of 150 minutes. Examples include: cycling, swimming, Tai Chi, and dancing.

Tip: *You can do your activity in 10 minute sessions instead of all at once to make it more manageable.*

FALL PREVENTION TRIVIA

Which of the following vitamins helps absorb calcium into our bones to keep them strong?

A

Vitamin C

B

Vitamin D

C

Vitamin A

D

Vitamin B12

ANSWER: B) Vitamin D

Vitamin D helps our bodies absorb calcium, which is an essential nutrient for bone health. It can be found in many foods, including: fatty fish (e.g. salmon and tuna), eggs, cow's milk and other milk alternatives, like soy and almond beverages.

FALL PREVENTION TRIVIA

What percentage of all hip fractures are the direct result of falling?

A

95%

B

90%

C

65%

D

75%

ANSWER: A) 95%

Almost every **10 minutes** an older adult aged 65+ is hospitalized because of a fall, which contributes to 95% of all hip fractures, and 65% of all hip AND wrist fractures among this age group.

FALL PREVENTION TRIVIA

What can you do at night to improve your vision and prevent a fall?

A Use a night light

B Carry a flash light

C Keep a light on

D All of the above

ANSWER: D) All of the above

Proper vision is important to help prevent a fall, especially at night. Always plan ahead to make sure that you have a source of light for evening hours.

FALL PREVENTION TRIVIA

Falling can lead to which of the following negative mental health outcomes?

A

Increased fear of falling

B

Loss of independence

C

Depression & Confusion

D

All of the above

ANSWER: D) All of the above

In addition to causing potentially serious injuries like fractures, head trauma or cuts, falls can also lead to negative mental health outcomes such as: fear of falling, loss of independence, isolation, confusion, depression and immobilization.

FALL PREVENTION TRIVIA

What can you do to help prevent a fall?

A

Avoid rushing

B

Regular vision checks

C

Nothing can be done

D

Both A & B

ANSWER: D) Both A & B

Falls are often complex and are caused by more than one factor. Most falls can be prevented by knowing the potential causes and taking steps to prevent them so that you can continue to enjoy life and stay independent.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Physical activity has been shown to be effective in reducing an individual's risk for a fall.

ANSWER: TRUE 👍

Physical activity also:

- Improves balance
- Helps you sleep better
- Reduces the fear of falling
- Improves mood
- Keeps your lungs and heart healthy
- Improves memory and attention

FALL PREVENTION TRIVIA

TRUE OR FALSE?



**In Canada, an older adult falls
every 30 minutes.**

ANSWER: FALSE 🙅

In Canada, an older adult aged 65+ falls every **18 seconds**. If you think that you, or someone you know may be at risk for a fall, call 211 or talk to your healthcare provider about local fall prevention resources and programs.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Vitamins, herbs, natural health products and over the counter medications are considered as part of your medication.

ANSWER: TRUE 👍

Each of these products can interact with your prescription medications and side effects could include: tiredness, dizziness, and dehydration, which can all contribute to a fall.

Let your doctor or pharmacist know about these products and have your medications reviewed each year.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Grey Bruce has fewer hospitalizations due to falls in older adults aged 65+ than the rest of Ontario.

ANSWER: FALSE 🙅

On average, people living in Grey Bruce are more likely to be hospitalized for a fall compared to the entire Ontario average.

Among people who fall, the majority of severe falls occur among adults aged 65+, with people aged 80+ at an especially high risk.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Regular exercise can help you maintain your balance, flexibility and strength as you age.

ANSWER: TRUE 👍

Regular physical activity is one of the most effective ways to reduce your risk of falls and prevent injury.

Although we naturally lose muscle mass and flexibility as we age, regular exercise and being active for at least **150 minutes a week** can help maintain what we have and prevent further loss.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



**Falls are the leading cause of injury
among older adults.**

ANSWER: TRUE 👍

Among older adults, falls are the leading cause of all injuries requiring hospitalization, with almost 30% of all older adults experiencing 1 or more falls each year.

This amounts to direct healthcare costs of over \$2 billion a year.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



**Knitted slippers are safe to wear
around the house.**

ANSWER: FALSE 🙅

Although they may be comfortable, knitted slippers can cause you to slip and fall more easily. Only slippers that are well-fitted to your foot and have a **low heel** with **non-slip soles** should be worn around the house.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



The majority of residential falls among older adults are caused by hazards in the home.

ANSWER: TRUE 👍

Common home hazards that increase the risk of falling, include: loose rugs, scatter mats, poor lighting, electrical cords in and around walkways, slippery floors, raised door sills, and no aids or poorly installed aids (e.g. grab bars, hand rails, etc.).

FALL PREVENTION TRIVIA

Where do the majority of infants and young toddlers fall?

A

At the playground

B

Around the home

C

Outside

D

At daycare

ANSWER: B) Around the home

Falls in infants and toddlers typically occur around the home – from furniture, beds, change tables, high chairs or down the stairs.

In older toddlers, falls tend to occur while they are walking, running or crawling around the house.

FALL PREVENTION TRIVIA

Where do children often fall from at home that results in injuries and emergency room visits?

A

Falls down stairs

B

Falls from furniture

C

Falls on level surfaces

D

All of the above

ANSWER: D) All of the above

Children under 10 spend more than 70% of their time indoors at home. Therefore, the home environment is where most falls and injuries happen.

Make your home more safe by removing hazards that might cause a fall, and install safety devices like bed rails and safety gates.



FALL PREVENTION TRIVIA

Which of the following are ways to prevent falls at home among young children?

A

Active supervision

B

Socks with grips

C

Window guards

D

All of the above

ANSWER: D) All of the above

More tips include:

- Using anchor guards or safety straps on furniture
- Keeping furniture away from windows
- Installing locking devices on drawers and wall-mounted safety gates at the top and bottom of stairs

FALL PREVENTION TRIVIA

For how many minutes a day should children be active?

A 180 minutes

B 60 minutes

C 120 minutes

D 45 minutes

ANSWER: A) 180 minutes

At least 180 minutes each day should be spent doing a variety of physical activities. This should include at least 60 minutes of energetic play for preschoolers and at least 60 minutes of moderate to vigorous physical activity for children aged 5-17.

FALL PREVENTION TRIVIA

What does the E in the child safety acronym “ALTER” stand for?

A

Economic

B

Environment

C

Early

D

Emergency

ANSWER: B) Environment

Activities, **L**ocation, **T**iming, **E**nvironment, **R**esources.

Each letter of “ALTER” represents a specific way of preventing injuries in the home. It can be used to help remember how to keep your child safe and prevent falls. For more information, check out: <http://www.alterforchildsafety.ca/>



FALL PREVENTION TRIVIA

Where do the most falls occur among children aged 5 to 9?

A Outside the home

B At school

C At playgrounds

D Around the home

ANSWER: C) At the playground

Falling is a normal part of development as children walk, climb, run, jump, play and explore their environment. As children get older and reach between the ages of 5 and 9, playgrounds tend to be the most common area for falls.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Falls are the leading cause of emergency room visits for children in Grey Bruce.

ANSWER: TRUE 👍

Falls are the most common reason young children visit the Emergency Department (ED) in Grey Bruce. While most falls do not cause serious injury, rates of ED visits for falls among residents aged 14 & under are 76% higher than the Ontario average.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Children under the age of 6 are more likely to be seriously injured as the result of a fall than children of other ages.

ANSWER: TRUE 👍

For children younger than 5 years of age, falls are the most common cause of emergency room visits and hospitalizations.

Injuries resulting from a fall can be attributed to a number of risk factors, such as their stage of development and exposure to household hazards.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Young children are at the greatest risk of falling because their urge to explore their surroundings does not usually match their ability to assess risk.

ANSWER: TRUE 👍

Childhood is a time to learn how to manage risks and practice healthy risk taking behaviours. During this time, children may lack a sense of danger, making them unable to assess the level of risk in their actions.

Active supervision and keeping your child within arm's reach are ways to help reduce their risk of a fall.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Most falls are unpredictable and cannot be prevented.

ANSWER: FALSE 🙅

Although falls are the most common reason young children visit the Emergency Department, most of these injuries are predictable and can be prevented by knowing fall hazards and taking steps to reduce them in your home.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



**On average, there are 14 fall-related
Emergency Department visits per day in
Grey Bruce.**

ANSWER: FALSE 👎

Fall rates in Grey Bruce are higher than the Ontario average, with **24** fall-related Emergency Department (ED) visits occurring each day.

Currently, the local rate of ED visits for falls is 42% higher than the Ontario rate.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Falls are the leading cause of hospital admissions from injuries for children aged 0 to 9.

ANSWER: TRUE 👍

It is often thought that falls are only a problem for older adults, but falls occur across all age groups and can result in severe injury and even death at any age.

Learning about fall prevention is important at every age to prevent serious injuries.

FALL PREVENTION TRIVIA

TRUE OR FALSE?



Children aged 10-14 are most likely to be hospitalized for a fall that happens while playing a sport.

ANSWER: TRUE 👍

The type and severity of falls in children is often reflective of their age. Youth aged 10-14 are most likely to be hospitalized for a fall and resulting injury while playing a sport. Falls involving skates, skis, sport boards or rollerblades are more common at this age.