





Early Falls & Future Risk: Why the First Fall Matters

Falls Among Seniors



60% of seniors who **fall do not** report it.

Changes after a Fall

Area	Common Changes
 Mobility	Reduced walking, cautious movement
 Confidence	Fear of falling, activity avoidance
 Physical Function	Loss of strength & endurance
 Social Engagement	Decreased participation in activities

Falls in America

Falls are one of the leading causes of injury and hospitalization among older adults. However, many initial falls are not reported because they do not result in immediate injury. These “non-injurious” falls are often the earliest indicator of increased risk and functional decline.

Key Statistics

- 1 in 3 adults age 65+ experiences a fall each year.
- After one fall, the likelihood of a subsequent fall doubles.
- Falls are the leading cause of injury-related emergency visits in older adults.

(Source: Centers for Disease Control & Prevention)

Implications for Care Planning

Failure to intervene after an initial fall increases the likelihood of...

- Recurrent falls
- Hospitalization
- Functional decline
- Transition to higher levels of care

Recommended Interventions

- Fall-risk assessment
- Medication review
- Environmental safety evaluation
- Ongoing supervision and mobility support

Early Intervention with Home Care Reduces Future Risk

Home care provides ongoing supervision, safety support, and early identification of fall risks to help prevent escalation. **Call for our free environmental safety check today!**



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