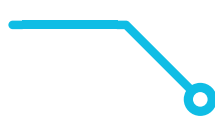


Up to **35%** of people over 65 fall each year

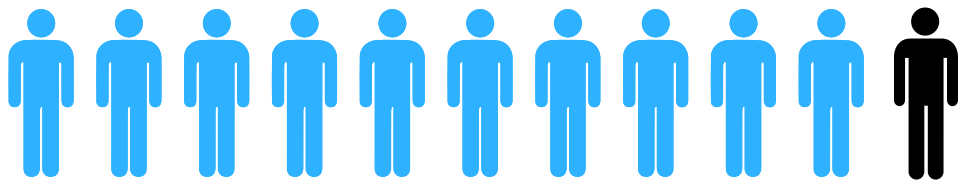
After a first fall **2/3** will fall again within a year

**68%** are injured 

**1/3** decline in function 

 **1/4** of those injuries need intervention

NNT is only **11**



Falls prevention works

# PREVENTING FALLS



A home visit

can reduce the rate of injury from falls by

**39%**

Exercise-based programmes reduce



**37%** of all injurious falls and

**61%** of falls leading to fractures



Falls reduction programmes need more than

**50** hours of **exercise**



The MDTea podcast provides Education on Ageing for all healthcare professionals working with older adults.

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