

Have you or do you know anyone who has had a fall?

Did you know there are

867

hospital admissions per day in over 65s due to falls

Falls are the most common cause for hospital admissions in the over 65's`

One in 3 adults over 65 will fall every year

You are twice as likely to fall if you have poor or uncorrected vision

You are 3 times more likely to fall if you have vision and hearing loss

Get your eyes and ears tested every year

And remember poor eating and inactivity also make you more likely to fall

Some medication can make you more likely to fall – please speak to your pharmacist

ECL Sensory Service is here to help if you are struggling with sight or hearing loss?

Website: eclsensoryservice.org
Email: sensoryservices@essexcares.org
Call: 03330 133 262
Textphone: 01245 261 715
Text: 07921 397 547

