

Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ fall each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



A MATTER OF BALANCE

decreases total annual medical costs by **\$938**, reduces hospitalization costs by **\$517**, reduces skilled nursing facility costs by **\$237**, and reduces home health costs by **\$81** per participant



OTAGO EXERCISE PROGRAM

reduces falls by **35%** resulting in a **\$429** net benefit per participant and a **127%** return on investment



STEPPING ON

reduces falls by **30%** resulting in **\$134** net benefit per participant and a **64%** return on investment



TAI CHI MOVING FOR BETTER BALANCE

reduces falls by **55%** resulting in a **\$530** net benefit per participant and a **509%** return on investment



CAPABLE*

addresses home modifications to reduce falls risk factors resulting in more than **\$30,000** in savings in medical costs driven by reductions in health care expenditures



ENHANCEFITNESS

reduces falls by **26%**, resulting in an annual medical cost savings of **\$945** per participant

Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Community Aging in Place-Advancing Better Living for Elders Program

