

Caregivers' Cove

Neglected risk factors may lead to frequent falls and result in a negative impact on a senior's well-being¹.

In each year¹

- 1 in 3 elderly above 65 years old had falls,
- 1 in 2 elderly above 80 years old had falls.

Negative consequences of falls²

- **Physical:** pains, fractures and disabilities, immobility creating new medical conditions.
- **Psychological:** fear of falls and other unsettling feelings.
- **Social:** loss of independence, reduced social contacts, increased financial burdens and decreased quality of life.

Common fall risks to note

- Frailty due to ageing,
- Pain which limits movements,
- Certain medicines for heart diseases and pain management causes unsteadiness,
- Failing vision and hearing problems,
- Poor mental clarity and/or unstable mood.



Photo credit: Unsplash

看护者港湾

被忽视的风险可导致长者重复跌倒，而对长者的幸福带来负面影响¹。

每年有¹:

- 65岁以上每三位长者就有一位跌倒，
- 80岁以上每两长者位就有一位跌倒。

跌倒的不良后果²

- **身体**：疼痛、骨折和残障，因行动不便而产生新病况。
- **心理上**：害怕跌倒和其他不安的情绪。
- **社交**：失去自由、社交圈子缩小、开销增加和生活素质下跌。

留意常见的风险¹

- 因老化而变衰弱，
- 因有疼痛而影响活动，
- 因服用某些心脏和管控疼痛药物而感觉不平衡，
- 视线退化和听觉问题，
- 精神状况欠佳和/或情绪不稳定。



图像源：Unsplash