

# Embec Care Ltd The Wise Choice Quiz

## ANSWERS: WHY FOCUS ON FALLS?

1. Falls are the most common cause of fatal accidents to older people?

**True – why because of loss of confidence, fear and lower mobility.**

2. Most accidents to older people needing hospital treatment are due to falls?

**True – think about A & E Departments.**

3. Fractures are the most common injury sustained when older people fall?

**True**

4. Over 65 years, you run a 1 in 3 chance of falling during the next year?

**True**

5. Someone who has suffered a stroke is twice as likely to have a serious fall?

**True – poor memory, lower sensation, lower motor function.**

6. Women are twice as likely to fall as men?

**True - there are more women than men. Women are more task orientated.**

7. Most falls occur as a result of tripping over objects or on rugs/mats?

**False**

8. Most falls occur in the home?

**True**

9. Most falls occur on the stairs?

**False**

10. Most falls occur at night?

**False**