

Fall and Fracture Prevention in Long-Term Care Homes

There are a number of risk factors that can increase the chance of breaking a bone when an older adult falls:

- dementia, Alzheimers and other cognitive disorders
- independent mobility
- having osteoporosis
- having previously broken a bone
- low weight or body fat



Fractures can be prevented!

Falls are a major cause of fractures in long-term care. If your family member is at high risk for breaking bones, there are things that can be done to prevent broken bones

Risk factors for falls in long-term care:



- use of certain medications
- wearing socks or unsafe shoes to walk in
- inability to see clearly
- health issues affecting balance
- improper use of mobility devices or supports

Is my loved one at risk?

In long-term care, healthcare providers can tell which residents are at high risk of fractures by looking at their Fracture Risk Scale score. If your loved one is at high risk for fractures, your healthcare team will talk to you and your family about the treatment options that can reduce your chance of breaking a bone.



Stop fractures before they happen!

- proper use of mobility devices
- regular strength and balance training
- vitamin D supplements
- calcium-rich foods
- maintaining a healthy body weight

Falls and fractures are not a normal part of aging!

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www.fco.ngo

www.gerascentre.ca/bone-health

www.osteoporosis.ca

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