

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 65s

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

Thurrock sensory team is here to help if you are struggling with sight or hearing loss?
Contact the Thurrock Sensory Team on:

Email: thurrock.first@gov.uk
Call: 01375 511000

