(date)

Dear Families,

We would like to share with you some facts about falling. This is a common occurrence in nursing homes. Falls cannot be prevented and it is important that we share this information with you.

FACTS

5% of people who fall have a fracture.

The annual hip fracture rate is 40-70 per 1000 residents.

Lack of strength, mobility and flexibility are common traits in the elderly who fall.

Restorative and simple exercise groups will help.

Fear of falling is a big risk factor.

STATS

Fall injuries account for 40% of nursing home admissions.

In a 100-bed nursing home, there are 100 to 200 reported falls each year. However, this is quite likely to be a significant underestimate.

The annual incidence for falls is 1500-3000 per 1000 resident.

The fall incidence in nursing home elderly is three times the rate for non-nursing home elderly.

FALL REDUCTION

As many as 75% of nursing home residents fall every year which is twice the rate of people living in the community. Residents often experience multiple falls, in fact almost 3 falls per person per year is on average. Falls can’t be prevented in the nursing home. We will not be with the resident every moment and even if someone is standing next to you, you could still fall. Falls cannot be prevented.

This can be a difficult time for the family and the resident and we hope to make your stay here as pleasant and comfortable as possible. However, we need you to understand and respect the fact we cannot guarantee you that your loved one will not fall.

Sincerely,

Administrator