FALLS PREVENTION

Preventing falls helps people stay safe, active, independent and connected to their communities.

Saskatchewan Health Authority

1 WHY FALLS PREVENTION MATTERS

Falls are the leading cause of injury-related hospitalizations in Saskatchewan.

The Effects of a Fall

Common outcomes of falls include fractures and head injuries

- INJURY
- HOSPITALIZATION
- REDUCED MOBILITY
- SOCIAL ISOLATION
- LOSS OF INDEPENDENCE

Economic Impact

From 2020/21 - 2024/25, the annual cost of inpatient care for SK residents due to unintentional falls was greater than:

$100 MILLION+

ANNUAL INPATIENT COST OF FALLS

Direct Costs

- Emergency care
- Hospital stays
- Rehabilitation

Indirect Costs

- Caregiver burden
- Lost income
- Reduced quality of life
- Further decline in health
- Increased social support needs

2 WHO IS MOST AFFECTED?

Falls Can Happen to Anyone

Some groups face higher risk:

- Older adults (65+)
- People with mobility or balance challenges
- People living with chronic conditions
- People taking multiple medications
- People who consume alcohol or other substances

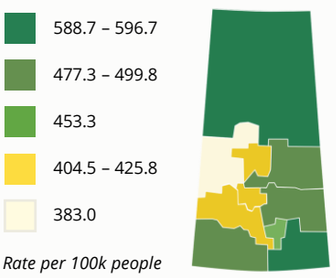
Older adults face the greatest risk
due to age-related changes in balance, strength, vision and reaction time

Living alone increases the risk of fall-related harm

Where Falls Happen

79% OF FALLS HAPPEN WHERE PEOPLE LIVE
(home or residential institutions)

People living in north and southeast SK experience higher rates of falls than other areas of the province*



*5-year age-adjusted rates of fall discharges from 2020/21-2024/25

Social determinants of health that increase the impact and risk of falls:

- Financial strain
- Housing conditions
- Geographic isolation
- Access to health care

3 WHAT WE'RE DOING TO PREVENT FALLS

PREVENTION CONTINUUM

Primordial Prevention
Prevent the risks
Safer Environments
Community Design

Primary Prevention
Prevent the fall
Public Education & Staff Training
Strength & Balance Programs

Secondary Prevention
Prevent fall injuries
Screening & Assessment
Medication Reviews

Tertiary Prevention
Manage fall injuries to prevent additional falls
Injury Management
Rehabilitation

Trauma Care Provincial Clinical Network Initiatives:

Injury Prevention & Surveillance
Embeds prevention & surveillance within trauma care to enable proactive, data-informed and coordinated approach to reducing injuries.

Provincial Trauma Activation Criteria
Being developed to support timely, consistent, and equitable trauma care across the province.

Trauma Education & Outreach
Strengthens trauma response skills in rural and remote communities to improve emergency readiness and patient outcomes.

Trauma Registry
A provincial trauma registry standardizes data collection, tracks outcomes, identifies injury trends, and supports quality improvement.

For more information, email SHAFallPrevention@SaskHealthAuthority.ca

Sources: Hospitalization data from 2020/21 – 2024/25 Discharge Abstract Database; Population counts from 2024 Covered Population File