

Are you at risk of a fall?

Maintaining mobility is key to living an independent and active lifestyle. Unfortunately, the risk of falling can keep us from enjoying the activities we love most.

Risk factors for a fall can include:



Age: Older adults experience falls more often than younger adults. Falls are the leading cause of injury-related hospitalizations among Canadian seniors 65 years and above.¹



Vision impairment: Vision problems, including cataracts and glaucoma, can impact day-to-day tasks that require focus and balance.²



Cognitive impairment: Some medications and/or alcohol consumption can affect one's awareness of their surroundings and balance, which may increase the risk of a fall.¹



Existing health conditions: Some conditions, including stroke, type 2 diabetes and cardiovascular disease may cause cognitive impairments that can make maintaining balance and mobility more difficult.²



Obesity: Weight can affect balance and has the potential to make individuals more prone to falling.²

20 - 30% of Canadian seniors fall each year.¹

When medical emergencies do happen, the **TELUS Health LivingWell Companion™**, a personal medical alert service with fall detection capability, can help.



Talk to your healthcare professional or contact us at:

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