

# Risk factors associated with falls in older adults. An infographic

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**Abstract:** Older people make up a large and increasing percentage of the population. As people grow older they are increasingly at risk of falling and consequent injuries. A fall may be the first indication of an undetected illness. The prevention of falls is of major importance because they engender considerable mortality, morbidity and suffering for older people and their families, and incur social costs due to hospital and nursing home admissions. The purpose of this study is to create an infographic about risk factors associated with falls and injuries among elderly persons

**Keywords:** Fall risk factor, Third age, Infographic.

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## 1. INTRODUCTION

Falls in older persons occur commonly and are major factors threatening the independence of older individuals. As is the case for many geriatric syndromes, falls usually occur when impairments in multiple domains compromise the compensatory ability of the individual. Significant morbidity and mortality may result from falls in older individuals, and falls are the leading cause of injury, both fatal and nonfatal, among older adults. The importance of preventing falls is emphasized by a study that found that 80 percent of older women preferred death to a "bad" hip fracture that would result in nursing home admission. A number of the physical conditions and environmental situations that predispose to falls are modifiable. Clinicians caring for older patients need to routinely inquire about falls, assess for fall risk, and address modifiable underlying risk factors. [1-3]

Infographics are information graphics that visually convey information and data accumulations. Infographics, which are referred to as methods of making information by visualizing the information, reveal the causal relationship in the informing process. While preparing information design material, the overall aim is to transfer intensive and complex information to the target group easily by reflecting the contents of the subject. The objective is that viewers will easily and quickly understand, learn, and grasp the design created by two different elements, such as information and graphs. [4]

## 2. RESULTS

The following infographic summarizes the risk factors associated involved with falls in older adults.



## REFERENCES

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