

# 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 65's`

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

**ECL Sensory Service is here to help if you are struggling with sight or hearing loss?**

**Website:** [eclsensoryservice.org](http://eclsensoryservice.org)  
**Email:** [sensoryservices@essexcares.org](mailto:sensoryservices@essexcares.org)  
**Call:** 03330 133 262  
**Textphone:** 01245 261 715  
**Text:** 07921 397 547

