

## Falls and Fractures Resource Page

1. Information About Osteoporosis: <https://www.nia.nih.gov/health/osteoporosis>
2. How To Help Fall-Proof A House: <https://www.nia.nih.gov/health/fall-proofing-your-home>
3. Here are some resources for more information about falls and how you can help prevent them:

### **Centers for Disease Control and Prevention (CDC)**

800-232-4636 (toll-free)

888-232-6348 (TTY/toll-free)

[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) or [www.cdc.gov](http://www.cdc.gov)

### **National Resource Center on Supportive Housing and Home Modifications**

213-740-1364

[homemods@usc.edu](mailto:homemods@usc.edu) or [www.homemods.org](http://www.homemods.org)

### **Rebuilding Together**

800-473-4229 (toll-free)

[info@rebuildingtogether.org](mailto:info@rebuildingtogether.org) or [www.rebuildingtogether.org](http://www.rebuildingtogether.org)

### **National Falls Prevention Resource Center**

571-527-3900

[www.ncoa.org/center-for-healthy-aging/falls-resource-center/](http://www.ncoa.org/center-for-healthy-aging/falls-resource-center/)

#### **Facts about Falls from cdc.gov:**

- One out of five falls causes a serious injury such as broken bones or a head injury
- Each year, 3 million older people are treated in emergency departments for fall injuries
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture
- Each year at least 300,000 older people are hospitalized for hip fractures
- More than 95% of hip fractures are caused by falling, usually by falling sideways
- Falls are the most common cause of traumatic brain injuries (TBI)