



DEATHS FROM FALLS DOUBLE IN A DECADE

More older Americans are dying or being severely injured in falls, and the costs of treating those injuries are straining the health care budget, says a report issued by the U.S. Senate Special Committee on Aging.

In 2017, more than 31,000 older Americans suffered fatal injuries from falls, almost twice as many as a decade earlier.

Falls are the leading cause of fatal and nonfatal injuries for adults 65 and older, the report says. The annual cost to the U.S. health care system reached \$50 billion in 2015; it could double by 2030. Medicare and Medicaid bear 75 percent of the costs.

"In addition to the physical and emotional trauma of falls, the financial toll is staggering," said committee Chairwoman Susan Collins (R-Maine). "Staying active is proven to reduce risk of falls among older adults," added Sen. Bob Casey (D-Pa.).

➔ For tips on preventing falls in your home go to aarp.org/stopfalls.