Outdoor Falls Survey
Summary of Results

This report summarizes the results of a survey undertaken in August and September 2022 to understand the experiences of older adults with walking, falling, and use of technology, among other adults. The survey results highlight several key insights:

1. **Prevalence of Falls:**
   - 173 people participated in the survey, representing a diverse range of ages and walks of life.
   - 30% of respondents reported a fall in the last 12 months.

2. **Impact of Falls:**
   - Falls are associated with increased risk of injury and disability.
   - Many older adults report avoiding certain activities due to fear of falling.

3. **Technology Use:**
   - A significant number of respondents use technology to manage their health and daily activities.
   - Technology use varies widely among age groups.

4. **Support Needs:**
   - Many respondents express a need for better support services and resources.
   - Community programs are seen as important for enhancing mobility and preventing falls.

**Key Findings:**

- **Preventative Measures:**
  - falls that result in serious injury and require hospitalization; or
  - falls that result in medication or treatment for a fall-related injury; or
  - falls that occur in a hospital or care setting and result in hospitalization.

**References:**
- American Geriatric Society
- National Council on Aging
- National Institute on Aging

**Additional Resources:**
- Alzheimer’s Association
- American Heart Association
- National Institute on Disability and Rehabilitation Research

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**For more information or to get involved, please contact:**
Contact Information Here

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