

FALL PREVENTION TRIVIA

For how many minutes each week should adults aged 65+ be active?

A

60 minutes

B

120 minutes

C

150 minutes

D

180 minutes

ANSWER: C) 150 minutes

Adults aged 65+ should aim for 30 minutes or more of moderate-vigorous physical activity at least 5 days each week, for a total of 150 minutes. Examples include: cycling, swimming, Tai Chi, and dancing.

***Tip:** You can do your activity in 10 minute sessions instead of all at once to make it more manageable.*



FALL PREVENTION TRIVIA

Which of the following vitamins helps absorb calcium into our bones to keep them strong?

A

Vitamin C

B

Vitamin D

C

Vitamin A

D

Vitamin B12

ANSWER: B) Vitamin D

Vitamin D helps our bodies absorb calcium, which is an essential nutrient for bone health. It can be found in many foods, including: fatty fish (e.g. salmon and tuna), eggs, cow's milk and other milk alternatives, like soy and almond beverages.



FALL PREVENTION TRIVIA

What percentage of all hip fractures are the direct result of falling?

A 95%

B 90%

C 65%

D 75%

ANSWER: A) 95%

Almost every **10 minutes** an older adult aged 65+ is hospitalized because of a fall, which contributes to 95% of all hip fractures, and 65% of all hip AND wrist fractures among this age group.



FALL PREVENTION TRIVIA

What can you do at night to improve your vision and prevent a fall?

A

Use a night light

B

Carry a flashlight

C

Keep a light on

D

All of the above

ANSWER: D) All of the above

Proper vision is important to help prevent a fall, especially at night. Always plan ahead to make sure that you have a source of light for evening hours.



FALL PREVENTION TRIVIA

Falling can lead to which of the following negative mental health outcomes?

A

Increased fear of falling

B

Loss of independence

C

Depression and confusion

D

All of the above

ANSWER: D) All of the above

In addition to causing potentially serious injuries like fractures, head trauma or cuts, falls can also lead to negative mental health outcomes such as: fear of falling, loss of independence, isolation, confusion, depression and immobilization.



FALL PREVENTION TRIVIA

What can you do to help prevent a fall?

A

Avoid rushing

B

Regular vision checks

C

Nothing can be done

D

Both A & B

ANSWER: D) Both A & B

Falls are often complex and are caused by more than one factor. Most falls can be prevented by knowing the potential causes and taking steps to prevent them so that you can continue to enjoy life and stay independent.



FALL PREVENTION TRIVIA

TRUE OR FALSE?



Physical activity has been shown to be effective in reducing an individual's risk for a fall.

ANSWER: TRUE

Physical activity also:

- Improves balance
- Helps you sleep better
- Reduces the fear of falling
- Improves mood
- Keeps your lungs and heart healthy
- Improves memory and attention



FALL PREVENTION TRIVIA

TRUE OR FALSE?



In Canada, an older adult falls every 30 minutes.

ANSWER: FALSE

In Canada, an older adult aged 65+ falls every **18 seconds**. If you think that you, or someone you know may be at risk for a fall, call 211 or talk to your healthcare provider about local fall prevention resources and programs.



FALL PREVENTION TRIVIA

TRUE OR FALSE?



Vitamins, herbs, natural health products and over the counter medications are considered as part of your medication.

ANSWER: TRUE

Each of these products can interact with your prescription medications and side effects could include: tiredness, dizziness, and dehydration, which can all contribute to a fall.

Let your doctor or pharmacist know about these products and have your medications reviewed each year.



FALL PREVENTION TRIVIA

TRUE OR FALSE?



Regular exercise can help you maintain your balance, flexibility and strength as you age.

ANSWER: TRUE

Regular physical activity is one of the most effective ways to reduce your risk of falls and prevent injury.

Although we naturally lose muscle mass and flexibility as we age, regular exercise and being active for at least **150 minutes a week** can help maintain what we have and prevent further loss.



FALL PREVENTION TRIVIA

TRUE OR FALSE?



**Falls are the leading cause of injury
among older adults.**

ANSWER: TRUE

Among older adults, falls are the leading cause of all injuries requiring hospitalization, with almost 30% of older adults experiencing one or more falls each year.

This amounts to direct healthcare costs of over \$5.5 billion each year.



FALL PREVENTION TRIVIA

TRUE OR FALSE?



**Knitted slippers are safe to wear
around the house.**

ANSWER: FALSE

Although they may be comfortable, knitted slippers can cause you to slip and fall more easily.

Only slippers that are well-fitted to your foot and have a **low heel** with **non-slip soles** should be worn around the house.



FALL PREVENTION TRIVIA

TRUE OR FALSE?



The majority of residential falls among older adults are caused by hazards in the home.

ANSWER: TRUE

Common home hazards that increase the risk of falling, include: loose rugs, scatter mats, poor lighting, electrical cords in and around walkways, slippery floors, raised door sills, and no aids or poorly installed aids (e.g. grab bars, hand rails, etc.).



Many questions are adapted from Grey Bruce Fall Prevention and Intervention Program.

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parachute.ca/fallpreventionmonth

