Nearly Half of Individuals with Dementia Experience Falls

More than 75% of adult individuals with dementia fall at least once a year, and nearly 30% fall multiple times. One-fifth of those who fall experience serious injuries. This surveillance data illustrated the need for tailored fall prevention strategies, particularly for those with dementia.

Fall Risk Factors Among People Living with Dementia

A recent study, published in *Alzheimer's & Dementia*, examined factors associated with fall risk among community-dwelling older adults (mean age 79 years) residing in the United States. The study included 5,581 participants from the National Health and Aging Trends Study, a longitudinal study that annually collects data on the health and aging of U.S. community-dwelling older adults. Participants were observed for a total of 9,191 person-years of follow-up.

Results from the study indicate that, in addition to known fall risk factors (e.g., reduced vision, polypharmacy, history of falls), a number of falls among people living with dementia are due to factors more commonly associated with older adults without dementia (e.g., medication use, polypharmacy, and background history of falls).

Study Findings

- **Predictors of Falls Among People Living with Dementia**
  - **Visual Impairment**
  - **Living with a Spouse**
  - **Medication Use (Polypharmacy)**

These findings underscore the need for tailored fall prevention strategies, particularly for those with dementia. This study further highlights the importance of comprehensive geriatric assessments and tailored interventions to reduce fall risk among older adults, regardless of dementia status.

**Study References**


**Funding**

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**Contact Information**

For more information, please contact the Alzheimer's Association at 800.272.3900 or visit their website at alz.org.

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### Research Roundup

#### Nearly Half of Individuals with Dementia Experience Falls

- **Study Title:** Predictors of Falls Among People Living with Dementia
- **Authors:** Carey TS, Johnson KA, Raffaelli LA, et al.
- **Journal:** *Alzheimer's & Dementia*
- **Publication Date:** 2023
- **Results:** Nearly half of individuals with dementia experience falls, and factors commonly associated with falls among older adults, such as medication use and polypharmacy, are also associated with falls among those with dementia.

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### Webinars and Upcoming Events

#### Getting Started with the New HBI Road Map

**Webinar Details:**
- **Date:** Nov. 8, 2023
- **Time:** 12:30 PM ET
- **Description:** Join the Alzheimer's Association public health team at the new Road Map and how public health can act.

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**For more information, please visit the Alzheimer's Association website at alz.org.**

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The content of this email is for informational purposes only and does not constitute medical advice. Always seek the advice of a qualified healthcare provider with any questions you may have regarding a medical condition.

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**About the Alzheimer's Association**

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia -- by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®.