

Your RoSPA

FALL FIGHTER

Factsheet and
Social Media Resources



accidents don't have to happen

In partnership with



Key facts

Here are a few key facts and figures that you can share with your friends and family, online or in person.

Did you know...

- **80%** of hospital admissions due to accidents among over-65s are as a result of falls in the home.
- **69%** of accidental injuries among over-65s occur within the home.
- **45%** of us don't feel comfortable talking to older friends and relatives about the risks they face.
- The number of over-65s falling each year would fill Wembley Stadium **four times!**
- Older adults are most at risk from falls and **1 in 3 people** aged over 65 fall at least once every year.
- Falls resulted in over **66,000** hip fractures in 2018, and led to over **4,000** deaths.



Keeping it social

Not sure what to write on social media? Don't worry - here are a few posts you can share, simply copy and paste them into the suggested social platform.



Did you know that falls are the single biggest cause of accidental injury in the home? But the good news is, falls don't have to happen. I'm happy to announce I've become a **@RoSPA Fall Fighter** to help prevent falls from happening!

Reply to this tweet to learn more!
#FallFighter



I'm proud to be a **@RoSPA Fall Fighter**! I'm tackling one of the biggest causes of accidental injury in our homes today, and I need YOU to help me defeat falls, once and for all.

Visit www.rospace.com/fall-fighter

#FallFighter

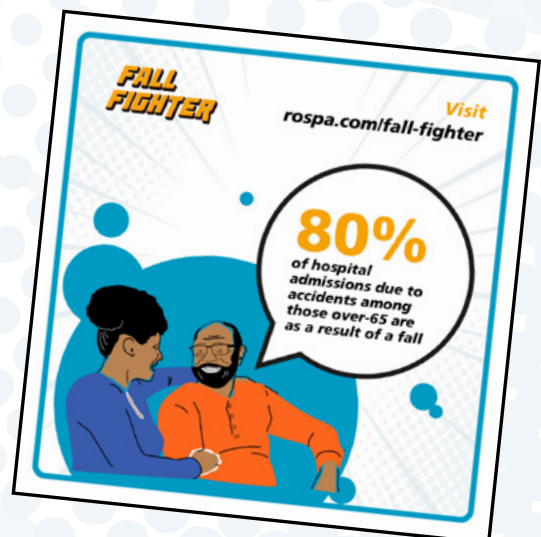
Keeping our family and friends safe is paramount. But the place we're supposed to feel the safest can often be riddled with fall hazards, making it not so safe for those we know.

I'm working as a **@RoSPA Fall Fighter** to prevent further accidents, if you want to learn more, visit www.rospace.com/fall-fighter **#FallFighter**



I'm ready to fight falls as a **@RoSPA Fall Fighter**! Are you ready to tackle one of the biggest threats today in our society?

Speak to me to learn more, or visit www.rospace.com/fall-fighter to learn what you can do today.
#FallFighter



Home is where the heart is... But as a **@RoSPA #FallFighter** I know that some hazards in the home can be deadly, especially if they lead to falls.

To find out more, send me a message or visit www.rospace.com/fall-fighter



Did you know that **69%** of accidental injuries among over-65s occur within the home?

As a **@RoSPA #FallFighter** I've gained the skills and confidence to help support my loved ones and prevent falls... and you can too!

Ask me if you want to learn more, or visit www.rospace.com/fall-fighter for more information.



Did you know that falls are the single biggest cause of accidental injury in the home? But the good news is, falls don't have to happen.

I'm happy to announce I'm now a **RoSPA Fall Fighter**, joining **@RoSPA** and **@rsagroup** in their fight to stop falls around the home! **#FallFighter**



Have you heard about the **@RoSPA** and **@rsagroup** fall prevention hub?

It provides information and tools, including; exercise demos, home safety videos, downloadable checklists and an exercise tracker – all available for free! To find out more, visit www.rospace.com/falls



I'm delighted to announce that I'm officially a **@RoSPA Fall fighter!**

By becoming a #FallFighter I'm helping tackle one of the biggest causes of accidental injury in our homes today.

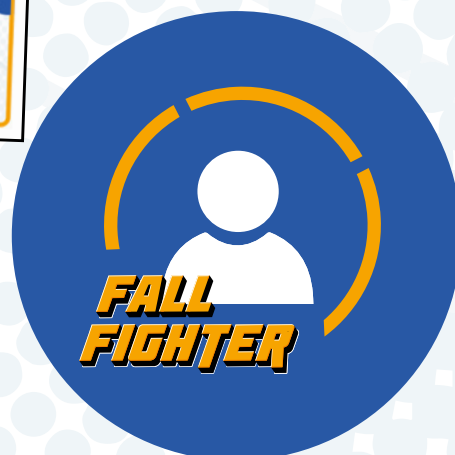
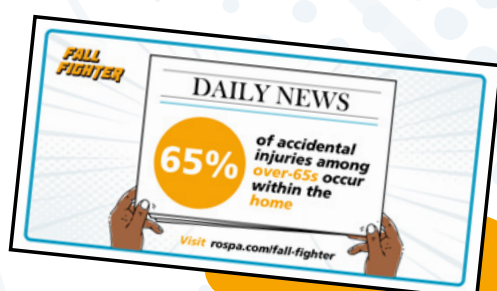
Want to know more? Make sure you visit www.rospa.com/fall-fighter



Let's be honest, when it comes to our families and our friends, we'll do anything to keep them safe.

But did you know that the place we're supposed to feel the safest can often be riddled with fall hazards, making it not so safe for those we know and love?

To help prevent further falls I've taken up the responsibility to become a **@RoSPA Fall Fighter**, if you want to learn more visit www.rospa.com/fall-fighter



Find us online

RoSPA

Our website

Twitter

Facebook

LinkedIn

Instagram

RSA Group

Our website

Twitter

Facebook

LinkedIn

**Thank you for becoming
a RoSPA **Fall Fighter!****

rospa.com/fall-fighter

#FallFighter

