**CCRC’s: Populations and Falls**

*What does it mean to be independent as we age?*

Living at home

Driving

Staying active

Continuing to be social and have friends that we can enjoy and relate too

**As many as 3 out of 4 nursing home residents fall** each year. falls for older adults living in the community. Patients often fall more than once. The average is 2.6 falls per person per year.

[Falls in Nursing Homes - Society of Trauma Nurses](Falls in Nursing Homes - Society of Trauma Nurseshttps://www.traumanurses.org › trauma_awareness › Falls ...)

[https://www.traumanurses.org › trauma\_awareness › Falls ...](Falls in Nursing Homes - Society of Trauma Nurseshttps://www.traumanurses.org › trauma_awareness › Falls ...)

Search for: [How many falls occur in nursing homes each year?](https://www.google.com/search?sxsrf=ALeKk02iaUtnk4wqXqdqeGUAz22cyaycWg:1629426236511&q=How+many+falls+occur+in+nursing+homes+each+year%3F&sa=X&ved=2ahUKEwi51Y7gxb7yAhXNSTABHcebATgQzmd6BAgsEAU)

**How many people are in retirement communities?**

There are **more than 835,000 Americans** currently residing in assisted living communities. According to the demographics, the majority of these residents are white female age 85 or older. 70 percent of residents at assisted living communities are female.

[The Latest Assisted Living Facts and Statistics - Saint Simeon's](The Latest Assisted Living Facts and Statistics - Saint Simeon'shttps://saintsimeons.org › blog › the-latest-assisted-livin...)

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According to the [**National Center for Assisted Living**](https://www.ahcancal.org/Pages/default.aspx) (NCAL):

* There are more than 835,000 Americans currently residing in assisted living communities.
* According to the demographics, the majority of these residents are white female age 85 or older.
* 70 percent of residents at assisted living communities are female.
* It’s estimated that an assisted living resident’s average length of stay is usually around 22 months, after which he or she will move to a nursing facility for a higher level of care.
* Currently, around one million Americans live in some type of senior living community, and that number is expected to double by the year 2030.
* By the year 2040, the 85+ population is expected to triple from the 5.7 million there were in 2011 to 14.1 million.
* An estimated 70 percent of people currently turning age 65 will require some form of long-term care in their lifetime.

<https://saintsimeons.org/blog/the-latest-assisted-living-facts-and-statistics/>

**Nursing homes**

* Number of nursing homes: 15,600 (2016)
* Proportion of nursing homes with for-profit ownership: 69.3% (2016)
* Number of licensed beds: 1.7 million (2016)

Source: [Long-Term Care Providers and Services Users in the United States, 2015-2016, Appendix III. Detailed Tables, table V pdf icon[PDF – 5.6 MB]](https://www.cdc.gov/nchs/data/series/sr_03/sr03_43-508.pdf)

**National Institutes of Health**

Falls in assisted living and similar residential care communities (RCCs) have been less studied than in nursing home settings.

A 2010 Cochrane systematic review found that 20% to 30% of falls in long-term care facilities are preventable.

We present results from the National Study of Long-Term Care Providers conducted by the National Center for Health Statistics.

In 2016, 22% of current RCC residents had a fall in the prior 90 days, representing 175,000 RCC residents in the United States; in 20% of RCCs, more than one-quarter of residents had a fall.

Among residents with a fall, 15% had a fall-related injury; in 7% of RCCs, more than one-quarter of residents sustained a fall-related injury.

Among residents with a fall, 19% went to a hospital as a result of the fall; in 11% of RCCs, more than one-quarter of residents went to a hospital as a result of the fall.

**What can families do to help manage their loved one’s risk for falls?**

It is very important for the assisted living community to have accurate information on each resident. If they fell at home, chances are very likely they could fall again. Families can help provide staff a fall history and background of their loved one. Assisted living communities want families to bring personal items to help residents feel more at home, but there are some items that pose a risk and should be avoided, including:

♣ throw rugs

♣ general clutter

♣ overcrowding furniture

Families should discuss with staff which items are appropriate. Also, families should encourage their older loved ones to remain physically active. Let them know your concerns, ask for their ideas, and offer your support.

<https://www.ahcancal.org/Assisted-Living/Provider-Resources/Documents/Falls_Consumer.pdf#search=falls>