

## FALLS IN THE HOME ENVIRONMENT IN 2022

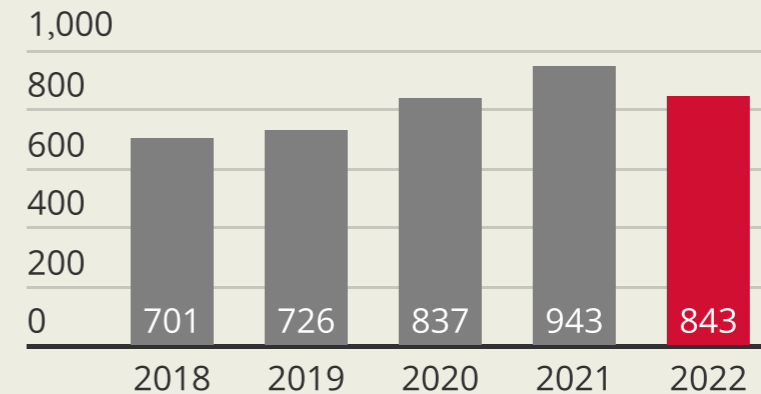
This summary contains events in which people have fallen in their home environment (also in the outdoor area) and rescuers have come to help. Only accidental falls have been considered. This means that, based on the description of the event, an attempt has been made to exclude falls that were directly caused by a health problem, such as a stroke.

Compared to 2021, there were 100 fewer such events in 2022. However, preliminary data from the cause of death registry shows more deaths caused by falling in 2022 than in 2021.

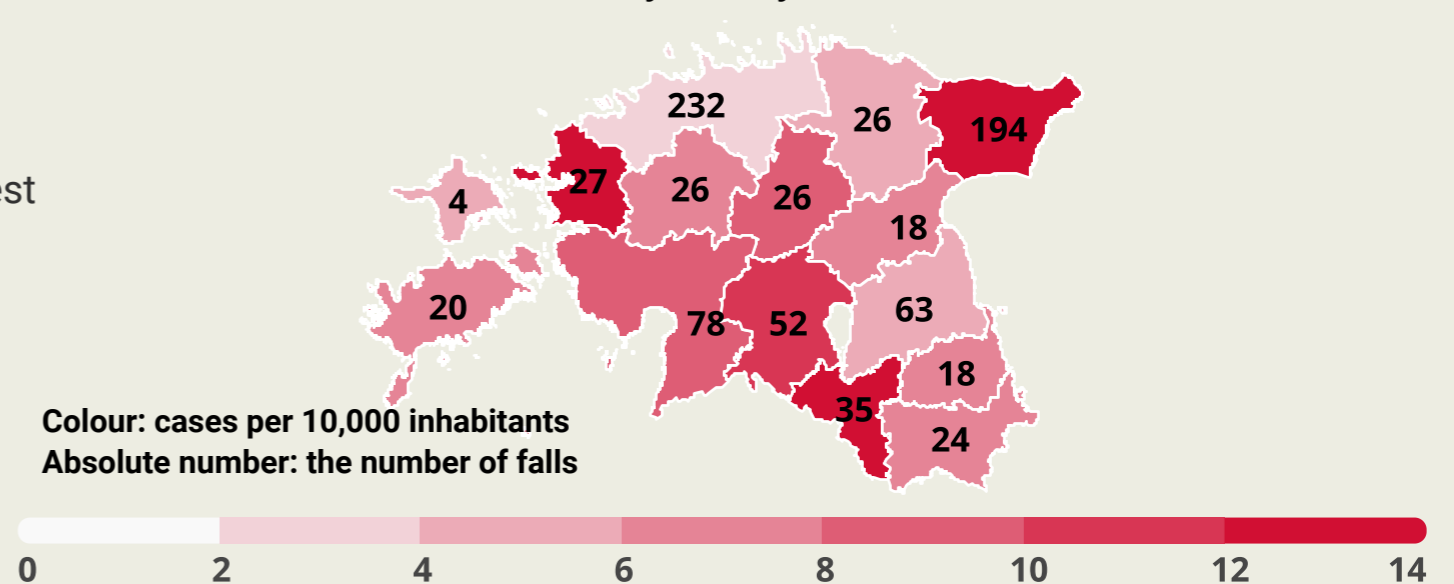
The most events took place in Harju County, but the number of cases per 10,000 inhabitants was highest in Ida-Viru, Lääne, Valga, and Viljandi Counties.

**In 30 homes, rescuers went to help a fallen person more than once.**

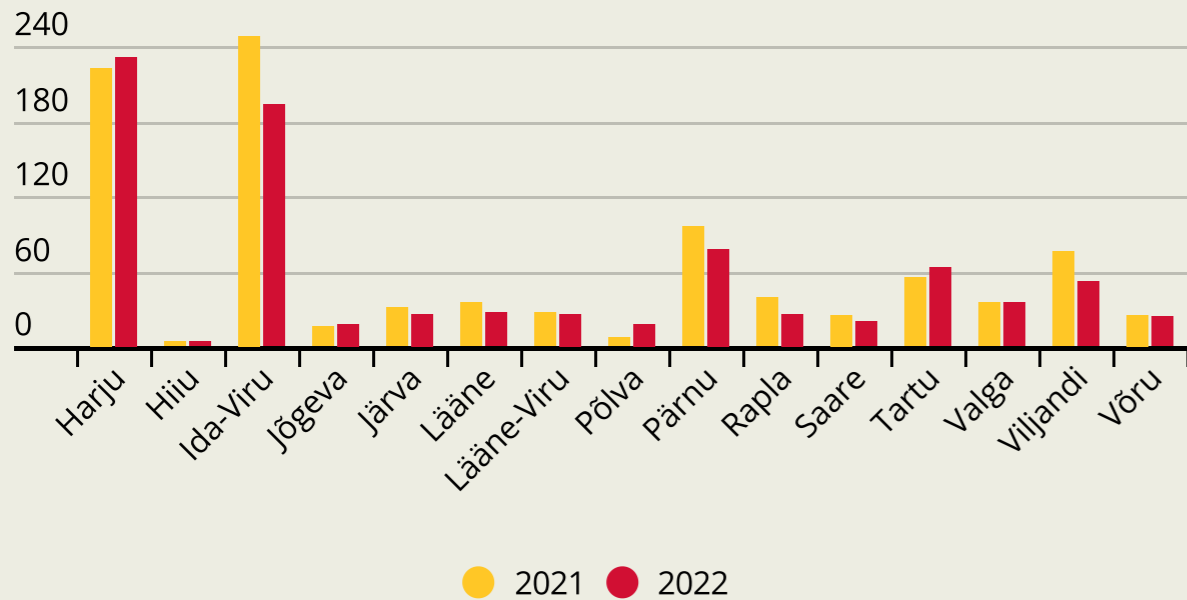
**Falls in the home environment in 2018–2022**



**Falls in the home environment in 2022 by county**



## Falls in the home environment by county, 2021 and 2022 compared

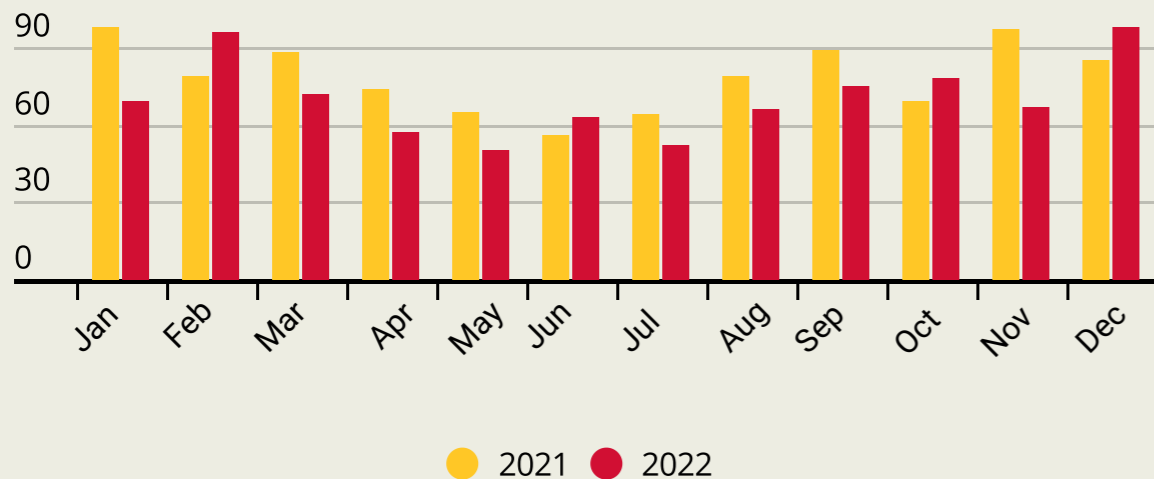


Compared to 2021, the biggest change was in Ida-Viru County, where the number of cases decreased by 55.

## Activities of rescuers

Most often, rescuers helped to lift the victim – at least 600 times. In more than 200 events, rescuers opened the door.

## Events by month in 2021–2022



In these two years, there have been fewer events on average from April to July.

## EXAMPLES OF RESCUE ACTIVITIES

- Transport of the victim to an ambulance;
- Entering through a window, opening the door;
- Lifting the victim to bed;
- Lifting a person into a wheelchair;
- Victim resuscitation;
- Lifting the patient, monitoring the victim's condition until the ambulance arrives

## EXAMPLES OF EVENTS

An 80+ woman fell in the bathroom.

A 90+ woman fell off the couch, could not get up, was home alone, the apartment door was locked and loved ones did not have keys.

A 70+ woman had fallen on her left hip in her room, could not get up off the floor or throw the keys out of the window.

An 80+ woman fell in the middle of the night in her apartment, was lying on the floor and could not get up. At the time of reporting, she had already been lying there for 12 hours.

An 80+ woman fell on the floor in the middle of the night and could not get up, had chest pains. She was unable to open the front door.

A man in his 70s was in the toilet with his hands between the water pipes and the wall – he had fallen due to imbalance issues.

An 80+ woman had fallen into the bathtub. Her neighbours reported of her possibly needing help, as they had not seen her in days.

An 80+ woman was found lying in the corner of the shower. It is unknown how long she had awaited help.

A 70+ woman fell off her bed and could not be lifted back to bed.

An 80+ man was getting out of bed and fell on the floor.

A 70+ woman fell on the floor in the middle of the night and could not get up.

A 60+ woman slipped and fell, was lying on the floor alone, all the doors were locked.

A 67-year-old woman fell on her hip, she had a hip prosthesis.

A 70+ man fell, his feet were swollen, was on the floor the whole night.

A 70+ woman with cancer fell. Her caretaker was at the door and had a key, but the key was in the lock on the inside.

## MOST FREQUENT KEYWORDS

Hip/hip joint/prosthesis  
**Bed/couch**  
At night  
Locked door  
Toilet/bathroom/shower  
Stairs

## VICTIM PROFILE

Lives alone

77 years old

Has a chronic disease

Lives in an apartment building

Cannot get up



Has fallen from bed or in the bathroom

Mobility impaired/disabled/in a wheelchair/bedridden