

# The Role of Socio-Economic Status on Stair Fall Risk in Older Adults During the COVID-19 Pandemic

*This study aims to document the extent to which the COVID-19 pandemic has resulted in stairs falls in older adults and determine whether incidents and subsequent consequences differ between people from different socio-economic backgrounds.*

## The Real cost of Falling

Over 550 deaths and 350,000 injuries per year

*These injuries have long-lasting effects on the independence and quality of life of the faller*



## Common Housing Risks

- Crowded homes
- Steep, narrow stairs, and/or thin staircases
- Poor lighting
- Shoes/objects up the staircase
- Broken stairs, loose carpet, and/or no carpet
- No handrails and grab rails.



## Falls Cost the NHS 2.3 Billion per year

This is particularly relevant for stair falls at home.



## Health Inequalities

Older adults from deprived areas are more likely to have chronic diseases, such as **diabetes and cardiovascular diseases**.



## Making your Home Fall-Proof

- Reduce tripping hazards (wires and clutter)
- Remove rugs and mats from the top or bottom of the stairs
- Improve lighting around your home
- Take care of your eyes and ears
- Stay Active!



## Participants Needed

Do you want to get involved?

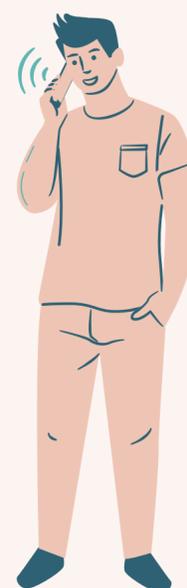
Complete a 15 – 20 minute online survey

Who can take part?

- Anyone aged 50 years and over



*No access? No problem!  
Contact us via email to complete the survey over the phone*



## Why will Isolation increase Stair Fall Risk?

Self-isolation and home-confinement pose significant risks due to deterioration of the **musculoskeletal, cardiovascular, metabolic, endocrine, and nervous systems**.



## The Next Steps to Prevent Stair Falls