

Perth & Kinross Falls Service

Falls & Osteoporosis Quiz

Test your knowledge on Falls & Osteoporosis. (please circle answer).

Answers are provided overleaf

1. **How many men and women over the age of 65 years fall each year?**
(a) 1 in 2 (b) 1 in 3 (c) 1 in 5
2. **How many men and women over the age of 80 years fall each year?**
(a) 1 in 2 (b) 1 in 3 (c) 1 in 10
3. **What is the likelihood of an elderly person falling in a care home compared to their home?**
(a) Equal risk (b) 2 times more likely (c) 3 times more likely
4. **How many risk factors are there for falls?**
(a) Over 50 (b) Over 100 (c) Over 400
5. **True Or False – falls are inevitable, as we get older?**
(a) True (b) False
6. **True OR False – 50% of people who have never had a fall are frightened of falling?**
(a) True (b) False
7. **List the three most common places residents are likely to fall**
8. **Circle the factors that might make someone more likely to fall:**

Footwear	Poor eyesight	Diet
Cluttered house	Bifocal/Varifocal Glasses	Diabetes
Answering the telephone	Dizziness	Mobility
Medication	Fear of falling	Mats/rugs
Blood pressure changes	Exercise	Alcohol
Changes in medical conditions	Dancing	Sleeping tablets
9. **How many women over 50 are affected by Osteoporosis?**
(a) 1 in 2 (b) 1 in 5 (c) 1 in 1
10. **How many men over 50 are affected by Osteoporosis?**
(a) 1 in 2 (b) 1 in 5 (c) 1 in 10
11. **True OR False – Smoking contributes to bone loss?**
(a) True (b) False
12. **What is the recommended daily amount of calcium for a healthy adult to maintain strong bones?**
(a) 300mg (b) 700mg (c) 1000mg

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Answers

- 1.. How many men and women over the age of 65 years fall each year?
(b) 1 in 3
2. How many men and women over the age of 80 years fall each year?
(a) 1 in 2
3. **(c) it is 3 times more likely for older person to fall in care home compared to living in the community.**
4. How many risk factors are there for falls?
(c) over 400
5. True OR False – Falls are inevitable as we get older
(b) False any falls should be investigated as there may be a simple reason why someone has fallen
6. True OR False – 50% of people who have never had a fall are frightened of falling?
(a) True
7. **Bedroom & bathroom –this age group tend to be less mobile and therefore fall in areas of necessity.**
8. **All of these factors might make someone more likely to fall, hence the reason why it is important to have falls fully investigated:**

Footwear	Poor eyesight	Diet
Cluttered house	Bifocal/Varifocal Glasses	Diabetes
Answering the telephone	Dizziness	Mobility
Medication	Fear of falling	Mats/rugs
Blood pressure changes	Exercise	Alcohol
Changes in medical conditions	Dancing	Sleeping tablets
9. How many women over 50 are affected by Osteoporosis?
(a) 1 in 2
10. How many men over 50 are affected by Osteoporosis?
(b) 1 in 5
11. True OR False – Smoking contributes to bone loss?
(a) True
12. What is the recommended daily amount of calcium for a healthy adult to maintain strong bones?
(b) 1000mg