

*Did You Know...*

**FALLS**

are the leading cause of fatal & non-fatal injuries for Older Americans. Falls threaten Seniors' safety & independence and generate enormous economic and personal costs. However, falling is **NOT** an inevitable result of aging.



**2.8 Million Seniors** are treated for falls each year alone in US!



Make your Home **SAFE!**

**Most Falls happen at homes:**

- Keep floors clutter free
- Remove small rugs or tape them down
- Add grab bars in the bathroom
- Have handrails & lighting systems installed
- Make sure your homes have lots of lights



Seniors need **4 to 6x** more glare free-light than 20 year olds! Seeing is Believing...



**95%** of Adult Seniors over **65** would rather stay in their homes.

NLE can help with safety and enhance your every day life.



**1 in 4**

Older Adults reported a fall.



More than **7 Million** of those falls required Medical Attention.



Lighting consumes **20%** of energy in most buildings.

**48%**  
BATHROOMS



**24%**  
ENTRANCES

**20%**  
KITCHENS



**16%** EXTERIORS  
**9%** HOMES

Most popular rooms for Seniors.



**Quality of Light** is essential to **Quality of Life.**



Proper lighting will improve Seniors' perception and stability.



Proper lighting is the missing link for a good night sleep & reversing falls statistics and the increasing rate of occurrence.... the key to independence!

**Sources:** [www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/](http://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/) • [www.iald.com](http://www.iald.com) (Quality of Light) Laurence Weinstein (DBS-Shared Solutions America on Seeing is Believing) • [www.homeadvisor.com/r/2016-aging-in-place-report/#myths](http://www.homeadvisor.com/r/2016-aging-in-place-report/#myths) • [www.cdc.gov/steady](http://www.cdc.gov/steady) • [https://en.wikipedia.org/wiki/Aging\\_in\\_place](https://en.wikipedia.org/wiki/Aging_in_place) • The American Occupational Therapy Association, Inc. [https://www.health.ny.gov/statistics/prevention/injury\\_prevention/falls.htm](https://www.health.ny.gov/statistics/prevention/injury_prevention/falls.htm) • Lighting and the Visual Environment for Seniors and the Low Vision Population, a publication for The IES Lighting for the Aged & Partially Sighted Committee- Illuminating Engineering Society of North America- 10/11/2016