

# Stay Strong

## Reduce your fracture risk in aged care facilities

Are you or a loved one moving into aged care facilities? These factors significantly increase your risk of fractures:

- **History of falls**
- **History of fractures**
- **Dementia**
- **Osteoporosis**
- **Certain medications:**  
antidepressants such as selective serotonin reuptake inhibitors, antiparkinsonian drugs, or those with sedative properties
- **Wandering:**  
twice a day or more, at least six days a week, in ways that are disruptive or unsafe
- **Nutrition:**  
difficulty eating or requiring assistance with eating
- **Complex health care needs:**  
multiple long-term medical issues requiring extra care and medication management
- **Frequent medical visits:**  
within the last 12 months:
  - » More than one GP visit
  - » 5+ emergency department visits
  - » More than one consultant physician attendance

**7%** of residents experience a fracture within **12 months** of entering an aged care facility.\*



### Personalised fracture risk reduction strategies

**Fractures can be prevented** if we know what puts an individual at high risk! If any of the risk factors apply to you or your loved one, tailored strategies to minimise your risk are available.

When transitioning into aged care, nurses, GP's and allied health workers will meet you to understand your medical needs and preferences. **Tell them about your increased risk!**

Together, they will develop a personalised care plan with mitigation strategies to reduce your fracture risk!

**\*As reported by the Registry of Senior Australians in the publication:**

The risk of fractures after entering long-term care facilities, Eshetie, T. C., Inacio, M. C. et al (2024):

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