

Falls¹



30% of people aged 65+

50% of people aged 80+

fall at least **once a year**



5-10% of falls in older people result in serious injury or hospitalisation

Risk of falls increases with more risk factors:

- Falls history
- Cognitive impairment
- Fear of falling
- Urinary incontinence
- Mobility, balance, gait impairment
- Home hazards
- Polypharmacy



Up to **70%** of recent fallers report **fear of falling**, of which **half** will **limit** their daily physical and social activities.



Many risk factors can be addressed e.g.

- Strength and balance training
- Environmental changes
- Vision assessment and referral
- Medication review



Older people who do **30+ mins of moderate physical activity** a day have **35-40%** lower falls risk

Dementia



Dementia is **not only about memory** loss. It can also affect the way you **speak, think, feel and behave**.

Dementia is not a natural part of ageing

There are over 200 subtypes of dementia. The most common are:



- Alzheimer's disease
- vascular dementia
- Lewy body dementia



There are currently **2,419** people **over 65** living in Bolton with a dementia diagnosis²



Dementia prevalence in Bolton is estimated to **increase** by **22%** by 2030⁴



Up to **40%** of cases of dementia are linked to **modifiable** (adjustable) risk factors³

Keeping your brain healthy⁵:



- **Love your heart** – what's good for your heart is good for your brain



- **Stay sharp** – take time for your mental wellbeing, sleep well & regularly challenge your brain



- **Keep connected** – social isolation is linked to an increased risk of dementia

References

Produced January 2025

[1] Bolton JSNA Falls in older people [Ageing well – Bolton JSNA](#)

[2] NHS Digital (July 2024). Bolton dementia summary dashboard [Dementia JSNA Stats Tab Public | Tableau Public](#)

[3] Alzheimer's Research UK (2023). Bolton dementia summary dashboard [Dementia JSNA Stats Tab Public | Tableau Public](#)

[4] POPPI (April 2023). [Dementia JSNA Stats Tab Public | Tableau Public](#)

[5] Alzheimer's Research UK Brain health basics. [Brain health basics - Think Brain Health - Alzheimer's Research UK](#)

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