

FALL INCIDENTS AMONG OLDER ADULTS

– Lessons from Tun Dr. Mahathir’s Case

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On January 6, 2026, Former prime minister Tun Dr. Mahathir Mohamad, aged 100, suffered a right hip fracture after a fall at home. He was treated with physiotherapy instead of surgery due to age-related risks. This incident highlights the serious impact of falls among older adults.

Serius Effects

Falls are one of the leading causes of serious injury and death among older adults.



Activity Restriction

The psychological impact, particularly the fear of falling, can severely impair an older adult's well-being, leading to self-imposed limitations and reduced engagement in daily activities



Quality of life

Falls often result in a loss of autonomy, which can lead to long-term care needs and a decline in quality of life



WHY FALLS MATTER?

Prevention Strategies

Falls are often **multifactorial** and require diverse prevention strategies.



Medication Review

Certain medication could increase the risk of falls.



Environment Modification

Remove hazards and ensure good lighting at home.



Physical Activity

Strength, balance, and coordination training.



Dietary Intake

Adequate vitamin D and calcium supplementation reduce risk of fall and fracture.



Comprehensive Fall Risk Assessment

Includes hearing, balance, vision, and health condition evaluations.

What to Do After a Fall?

FIRST STEP:

- Stay calm and assess yourself.
- Decide if you feel strong enough to stand.

If You can Get Up

- Move slowly—avoid sudden movements.
- Roll onto your side, then push up onto your hands and knees.
- Crawl toward a sturdy object (e.g., heavy furniture or sink) for support.
- Place one foot flat on the floor and rise slowly while holding onto the object.
- Sit down and rest before resuming activities.

If You can't Get Up

- Use a phone or personal alarm to call for help. Call **999**
- If unreachable, try to attract attention by shouting or tapping on a wall or floor.
- Keep warm with a blanket, coat, or towel.
- Move gently—roll side to side or flex arms and legs.
- Change position every 30 minutes to prevent pressure sore.



**SEEK FOR
HELP!**

Even if you feel fine, consult a doctor (falls can cause hidden injuries like fractures or internal bleeding). If you hit your head, experience dizziness, or severe pain, call emergency services immediately.

Falls in older adults may be common, but they are never normal. Every fall can lead to serious consequences—so act before it happens. Prevention is always better than cure. Stay proactive, stay safe.

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