

# Fractures In Home Care

Swipe to learn about Fractures for  
People Receiving Care in the Home



# Osteoporosis Prevalence

- 2.4 million Canadians 40+ were living with osteoporosis in 2019–2020 — this number is rising in 2025
- By 2022–2023, rates had more than doubled since 2000, affecting 12% of adults 40+
- Often silent — a fracture is usually the first sign of osteoporosis

## Risk

- Home care recipients have a unique mix of fracture risks
- Includes medications for sleeping, anxiety, depression
- Living with Dementia & Parkinson's Disease
- Tobacco & alcohol use
- Previous fracture



# Cost

- Fractures cost Canada \$4.6B in 2011 — including \$274M for individuals receiving care in the home
- One hip fracture = ~\$63, 649 in first-year healthcare costs
- Costs are rising with Canada's aging population

# Impact

- Fractures can lead to loss of independence, institutionalization, or even death
- Fracture prevention for people receiving care at home is key



# FRACTURES CAN BE PREVENTED!

Safely stay active to keep bones strong



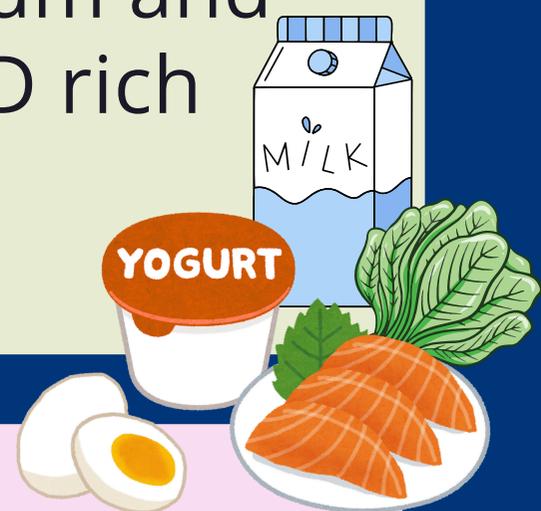
Reduce fall risks in the home



Avoid smoking & heavy alcohol use



Eat calcium and vitamin D rich foods



Talk to your health care provider about osteoporosis medications



# References

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