LOOKING AFTER YOUR HEALTH

- **9 IN 10** older adults visited the GP in the last 12 months
- **2 IN 5** hold a medical card
- **1 IN 3** have private health insurance
- **1 IN 5** have both a medical card and health insurance
- **1 IN 10** do not have a medical/GP visit card or health insurance

FALLS ARE COMMON

- **2 IN 5** experience a fall
- **1 IN 5** require hospital attendance
- **60,000** older adults requiring medical attention a year

UNTREATED “TREATABLE” CONDITIONS

- **2 IN 5** cases of:
  1. High blood pressure
  2. High cholesterol
  3. Irregular heartbeat
  4. Osteoporosis

- **1 IN 20** have suffered a depressive episode
- **3 IN EVERY 10** with depressive symptoms taking the appropriate medication

FACTORS THAT CONTRIBUTE TO DISABILITY IN OLDER ADULTS:

1. Pain
2. Urinary problems
3. Hearing loss

These conditions are not a consequence of ageing and can be treated.

RISK FACTORS FOR FALLS:

1. Unsteadiness
2. Depression
3. Fear of falling

All risk factors can be treated which can decrease risk of falling.

Talk to your GP if you have any concerns about your physical or mental health

For more information please visit www.tilda.ie