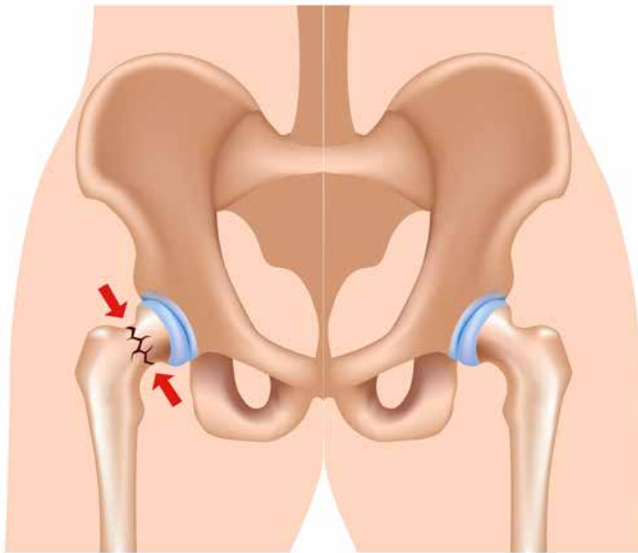


# HIP PROTECTORS

## HIP PROTECTORS ARE ALWAYS ON YOUR SIDE

A hip fracture can cost you your independence, your well-being, even your life. The following picture shows a hip fracture, which is a break at the top part of the femur bone where it connects to the pelvis.

### Hip Fracture



#### OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

#### OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver  
[parkplaceseniorsliving.com](http://parkplaceseniorsliving.com)

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## Hip Protectors Are Always On Your Side



**PARK PLACE**

SENIORS LIVING

*Enriching Lives of Seniors*

# ALL ABOUT HIP FRACTURES:

## WHAT IS A HIP FRACTURE?

A hip fracture refers to a break of the top part of the femur bone where it connects to the pelvis.

## WHAT ARE THE CONSEQUENCES OF HIP FRACTURES?

Hip fractures result in poor health, pain and hardship. The majority of people suffering hip fracture never regain their previous mobility and permanently lose their independence.

## CAN HIP FRACTURES BE PREVENTED?

YES! The chance of sustaining a hip fracture can be greatly reduced by wearing a hip protector. Hip protectors are comfortable and convenient, and they reduce risk of hip fractures by more than 50%.

FAST FACT

*In Canada approximately 80% of falls-related admissions to hospitals by seniors are due to fractures.*

# ALL ABOUT HIP PROTECTORS:

## WHAT ARE HIP PROTECTORS?

Hip protectors are special garments (underwear, shorts, or pants) containing soft pads specifically designed to protect your hips during a fall.

## HOW DO THEY WORK?

Hip protectors absorb the force of a fall and divert this force away from the hip bone.

## HOW DO I USE A HIP PROTECTOR?

Hip protectors can be worn like an underwear or on top of underwear (depending on the model). If unsure, ask for assistance.

## WHEN SHOULD I WEAR HIP PROTECTORS?

Hip protectors can only help when you are wearing them. They should be worn **24 hours a day** as falls can happen anywhere, any time.

# TALK TO YOUR CARE TEAM

Talk to your Care Team about your risk of falling and whether hip protectors are right for you.

## PARK PLACE SENIORS LIVING DOES NOT ENDORSE ANY ONE SPECIFIC COMPANY THAT SELLS HIP PROTECTORS

FAST FACT

*It is estimated that between 20% and 30% of seniors fall each year and approximately 10% of these falls result in a hip fracture.*

*Developed with input from a group of Park Place Family Representatives*