

Better Visibility Improves Outcomes

Falls are easier to prevent when changes in daily living are visible early.

Falls are rarely random. More often, they follow changes—small shifts in mobility, sleep, stability, bathroom patterns, or daily routine. When these changes go unseen, risk can build quickly.

The earlier those signals are recognized, the more opportunity care teams have to act. With better visibility into daily living, communities can identify risk sooner, intervene earlier, and help residents stay safe and independent.



“

“Ambient sensing is not just helpful from a fall-detection perspective, but also in preventing emergency room visits and hospitalization. If we can recognize changes in activity patterns or mobility and address them early, we can really affect the outcomes.”

— Allison Rainey, Head of Nursing and Clinical Informatics

MatrixCare
by ResMed



Care Daily combines ambient sensing, clinical context, and assessments to:



Detect risk early

Identify subtle changes before a fall occurs.



Respond faster

Deliver timely insights to care teams.



Support prevention

Intervene early to reduce falls and improve outcomes.

THE CHALLENGE

Falls Are a Major and Growing Risk

The impact is human. The cost is real. The trend is up.

Falls are one of the leading causes of injury, hospitalization, and long-term care transitions among older adults. They are also one of the most expensive and preventable events in senior living.



1 IN 4

Adults 65+ fall each year
~14 million people



~3 MILLION

Emergency department
visits each year



~1 MILLION

Fall-related
hospitalizations
each year



37%

Of people who fall
report an injury
requiring medical
treatment or
restricted activity



+21%

Increase in
fall death rate
(2018-2024)

The cost of falls with injury is significant

Direct medical cost per fall injury

\$9,000 average

Serious falls can cost \$80,000+

Fall injuries among older adults drive more than \$80 billion in direct medical costs each year in the U.S. The financial impact often extends well beyond the initial event.

The impact extends well beyond the initial event



Higher risk of
hospital readmission
and complications



Increased likelihood
of long-term
rehabilitation or
skilled nursing



Greater risk of
cognitive decline
and loss of
independence



Higher mortality
in the year
after a fall



Greater chance of
transition to higher
levels of care

“

Every fall is more than an incident - it is a potential turning point for the resident, their family, and the community.

Fusing Signals into Accurate Daily Fall Risk Predictions

The strongest fall-risk picture comes from combining structured assessments, clinical context, daily ambient patterns, and real-time signals.

Care Daily does not rely on one data source. It creates a living model for each resident, compares each day against that resident's own baseline, and surfaces meaningful changes before a problem becomes an incident.

1
LOW FREQUENCY
EVERY 1 TO
6 MONTHS



Advanced Fall Risk Assessment

- Grip strength
- Timed Up and Go
- Sit-to-Stand
- Stability & Balance

2
WEEKLY



EHR and medication

- Prior falls
- Biometrics
- Medication
- Notes & Care Plan

3
DAILY



Ambient behavior patterns

- Sleep
- Mobility
- Bathroom
- Med adherence

4
REAL TIME



Immediate safety signals

- Bed exits
- Lighting
- Pacing / Sedentary
- Acute alerts

“

The night of April 8 marked a deviation from her usual schedule, going to bed two hours later and waking up three hours earlier. This shift, coupled with declining mobility and insufficient rest, was the predictor of a fall at the bistro that sent her to the ER.”

- Life Enriching Communities

Resident-specific daily fall risk model



Resident Profile

Age 84 • Female
Community: Memory Care
Mobility: Assist x1

Baseline (her normal pattern)



Today (deviation detected)



Care Daily refreshes each resident's fall-risk picture every day, using that resident's own baseline as the point of comparison.



Earlier prevention

Identify meaningful changes before a fall occurs.



Better prioritization

Focus time and resources on those who need it most.



Faster response after a fall

Context-rich insights support quicker, more informed action.



Care Daily stands out because it fuses low-frequency assessments, weekly clinical context, daily ambient patterns, and real-time activity into one practical daily fall-risk picture.

Sources include Care Daily deployment data, Able Care blog, CDC STEADI, and published fall-risk literature.

Modernized Assessments Make Risk Measurable

Objective. Evidence-based. Actionable.

Early, objective assessments quantify the physical factors most strongly linked to falls—so teams can act sooner, personalize interventions, and track what improves.

5 MINUTES
No clinician required

ABLE ASSESS MEASURES THE KEY DRIVERS OF FALL RISK



Grip Strength

Upper body strength is a strong indicator of overall muscle health and future falls.



Timed Up & Go (TUG)

Assesses mobility, balance, and functional movement.



30-Second Sit-to-Stand

Measures lower body strength and endurance.



Four-Stage Balance Test

Evaluates static balance and postural control.



Fall History & Questionnaires

Captures prior falls, confidence, and fall-related concerns.

WHY THESE MEASURES ARE POWERFUL PREDICTORS OF FALLS



Low grip strength (per 5 kg decrease) is associated with a **higher risk of falling.**¹

16–24%
higher risk of falling



Slower TUG (slowest quartile) is associated with **greater risk of falling.**²

2.2x
higher risk of falling



Each additional sit-to-stand repetition in 30 seconds is associated with a **lower risk of falling.**³

-21%
lower risk of falling



Low balance confidence is one of the strongest predictors of falls—individuals with low confidence have up to **higher risk of falling.**⁴

3x
higher risk of falling



A history of one or more falls in the past 12 months increases the risk of falling again

2–3x.⁵
higher risk of recurrent falling

WHAT THE RESEARCH SHOWS

In community-dwelling adults 55+ engaged in regular activity:



Fall efficacy (confidence in avoiding a fall) was associated with a **3.4x higher risk** when confidence was low.



Balance confidence was protective—every 10-point increase reduced fall risk by **5%.**



Grip strength was positively correlated with balance confidence, reinforcing its role in overall stability and function.^{6,7}

Why this matters



Identify risk **earlier**—before a fall occurs



Personalize interventions that improve outcomes



Track progress **objectively** over time



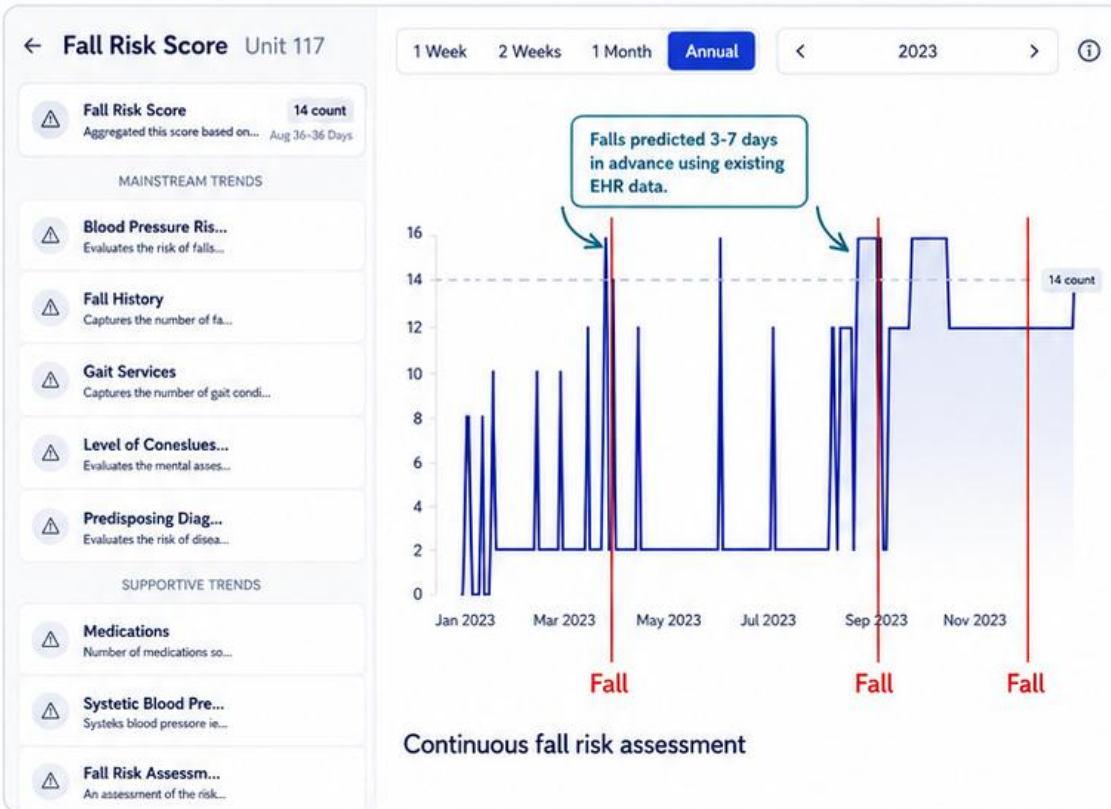
Support staff with simple, reliable data they can act on

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Evidence shows these objective measures are among the **strongest predictors of future falls.** Using tools like Able Assess lets you measure what matters most—and act on it.

Risk Shows Up Before the Fall

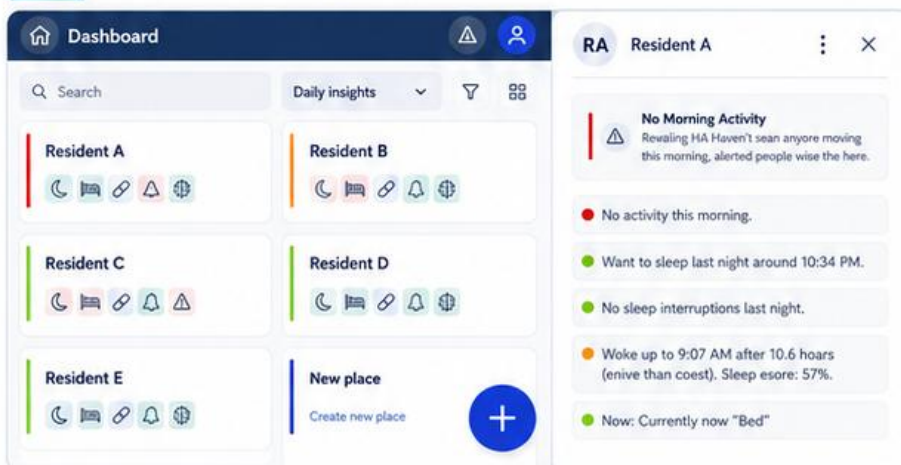
Care Daily applies a daily Fall Focus Score to EHR data to identify rising fall risk before a fall occurs.



Example EHR inputs

- Fall history
- Blood pressure
- Gait services
- Cognitive screening
- Chronic conditions
- Medications
- Nurse notes

Who to focus on today



Surfacing residents whose risk is rising right now.

What Care Daily does

- Creates a daily Fall Focus Score** for each resident.
- Connects EHR signals** that are usually disconnected.
- Surfaces residents** whose fall risk is rising.

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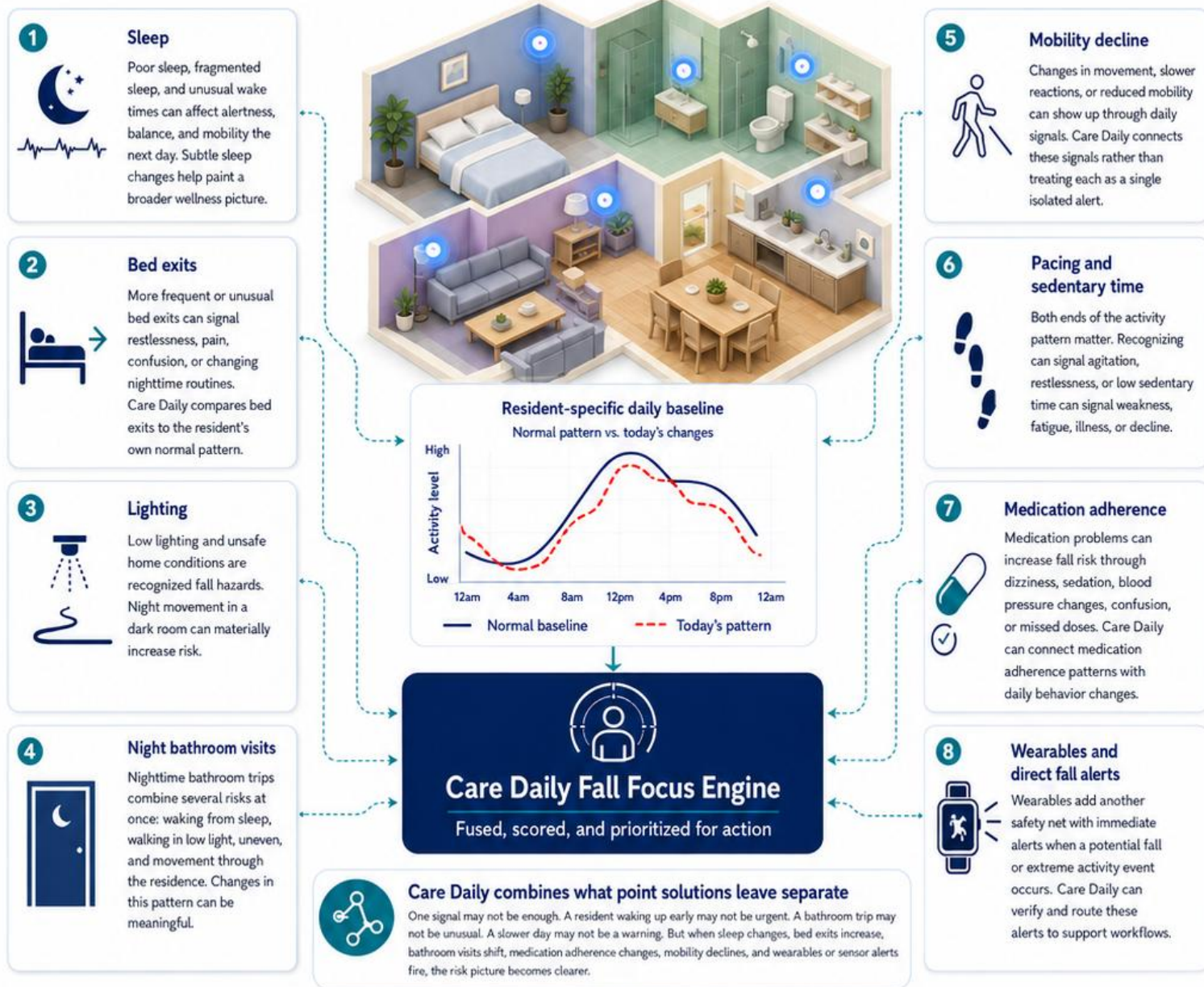
Care Daily has shown that better use of EHR data can predict fall risk before a fall occurs.

Daily Patterns Reveal Fall Risk

Care Daily combines ambient signals, medication context, and wearable alerts to spot meaningful changes earlier and protect residents when a fall still happens.

Falls are rarely caused by one thing. Risk often builds through small changes in how a resident sleeps, moves, gets up at night, uses the bathroom, takes medication, or responds to their environment.

Care Daily brings those signals together so teams can see when a resident's pattern is changing. The goal is simple: predict and prevent when there is still time, then alert and protect when a fall still happens.



Predict and prevent

- Compare each resident to their own baseline
- Surface meaningful changes before a fall
- Focus staff attention on residents whose risk is rising
- Support earlier intervention while there is still time

Alert and protect

- Detect acute safety events and abnormal patterns
- Route alerts to staff, family, or call center workflows
- Include wearable alerts where available
- Reduce the time between incident and response



Care Daily turns daily living patterns into an early warning system.

The more signals we measure, the more clearly we can see when a resident's fall risk is changing.

Reliable Alerts Support Faster Action

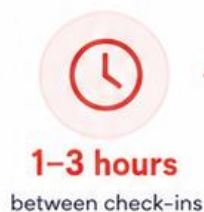
Accurate alerts help communities act sooner and respond with more confidence.

Alerting only matters when people trust it and act on it. Reliable detection, lower false alerts, and faster response create a stronger safety workflow for residents and staff.



Response time changes the outcome

TRADITIONAL CHECK-INS



WEEK 1 WITH CARE DAILY



FOLLOWING WEEKS



Communities often rely on check-ins, self-reporting, or pendant use. That leaves room for missed events and delayed discovery. Care Daily helps turn an acute event into a fast, documented workflow – detect, alert, acknowledge, respond.

Reliable alerts support better workflow

- Fewer false alerts wasting staff time
- Faster resident contact after an event
- A clearer record of what happened and when

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“We got the alert a fall had occurred. When we got to her room, she was sitting on her bed. We asked if she had a fall, and that’s when she confirmed she did.”

– Chapel Pointe

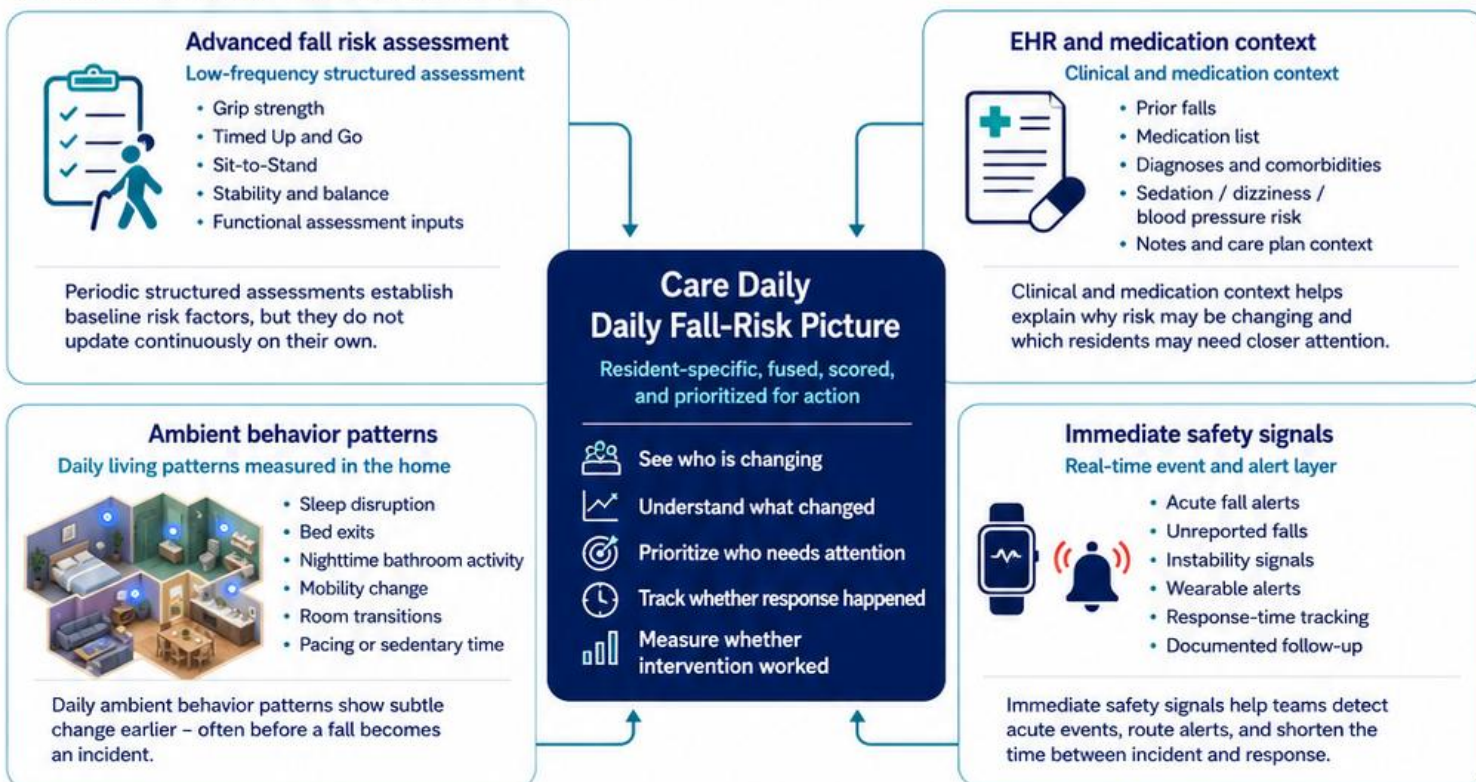
CONCLUSION

Care Daily Brings the Full Fall-Risk Picture Together

The strongest fall-risk picture comes from combining advanced assessment, EHR and medication context, ambient behavior patterns, and immediate safety signals into one daily operational view.

Point solutions answer narrow questions. A fall button can help after an event. A wearable may detect motion. A sensor may capture activity. An assessment may document risk at a point in time.

But none of those alone gives care teams the full picture. Care Daily combines four core signal domains into one resident-specific daily fall-risk picture – helping teams identify who is changing, what changed, when attention is needed, and how quickly response happened.



Why point solutions leave gaps

	Fall button	Wearable	Basic sensor (motion/PIR)	Assessment only	Care Daily
Acute fall detection	●	●	◐	○	●
Unreported falls	○	◐	◐	○	●
Mobility change	○	◐	●	○	●
Sleep disruption	○	○	●	○	●
Medication / clinical context	○	○	○	●	●
Response-time tracking	◐	●	◐	◐	●
Daily risk picture	○	○	◐	●	●

● Strong coverage

◐ Partial coverage

○ Limited or no coverage



Point solutions can answer a single question. Care Daily connects the full picture – from baseline risk and clinical context to daily behavior change and immediate safety events.



If this resonates with you, please reach out to Care Daily.



CareDaily.ai



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Sources include Care Daily deployment data, CDC STEADI, and published fall-risk literature.