

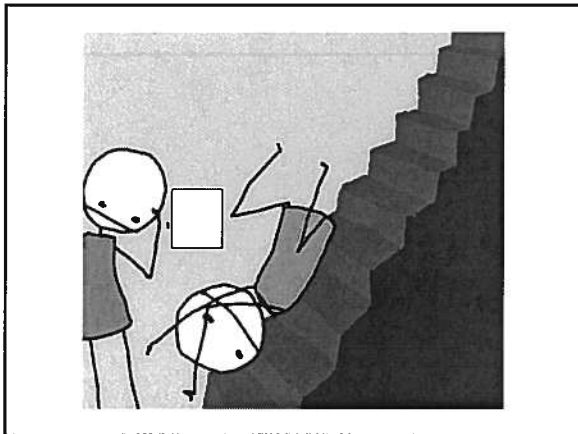
Disclosures: The speaker, Lisa Koch, Au.D., and the members of the planning committee do not have a conflict of interest in this topic. There is no commercial support for this program.

Fear of Falling Among Seniors

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Learning Objectives

- Describe fear of falling in terms of
 - Prevalence
 - Contributing factors
 - Consequences
- Discuss strategies to screen clients
- Describe and compare several fear of falling assessments



What is “Fear of Falling”

Tinetti and Powell, 1993

Prevalence of Fear of Falling

Who Develops Fear of Falling

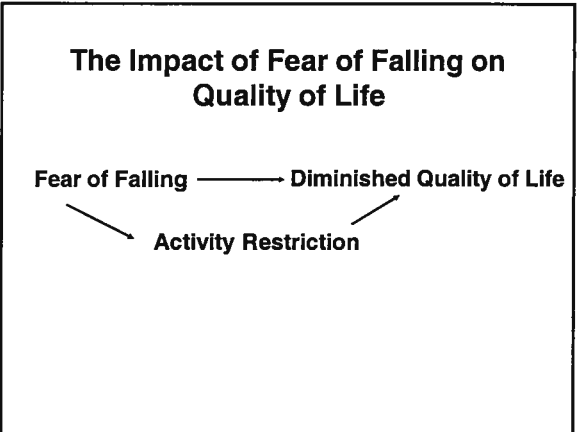
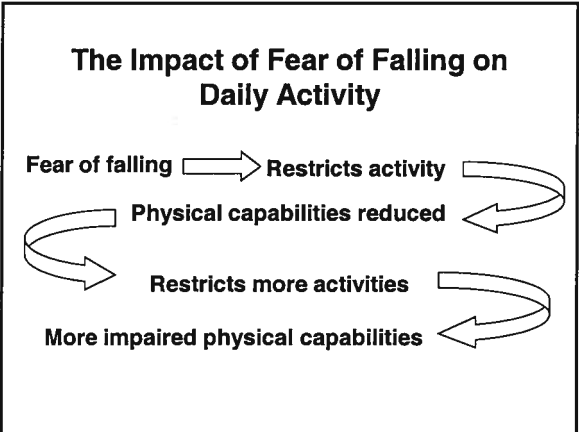
- Murphy, Dubin, & Gill

**Why patients develop
fear of falling**

**Joint contribution of predisposing
factors and fall events after baseline**

**Consequences
of Fear of Falling**

- Increased caution
- Restriction of activities
- Diminished quality of life



Results of Longitudinal Studies

- Cumming et al., 2001
- Vellas et al., 1997



- Falling can lead to an individual avoiding activities that he/she remains capable of performing



Assess Activity Performance

- Current activities performed
- Fearfulness while performing activities
- Which activities are being restricted

Personal Abilities Activity Performance



When Is Fear of Falling a Problem?



When Is Fear of Falling a Problem?

Personal Abilities

Activity Performance

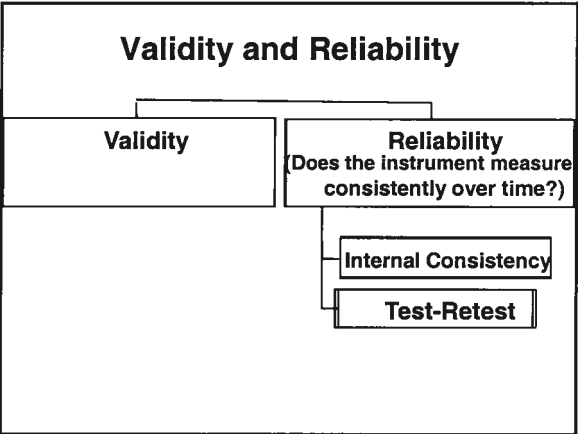
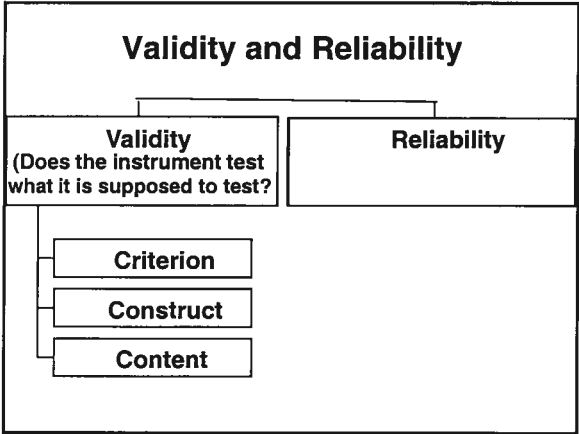


Screening Instruments

- *Direct Assessments*
- *Indirect Assessments*

Fear of Falling Instruments

- Purpose
- Items included
- Population tested
- Validity
- Reliability
- Pros
- Cons



Choosing an Instrument

- Client's status
- Response to instrument's wording

- **Characteristic the instrument measures**
 - Fear
 - Restriction
 - Confidence
- **Purpose of using a screening instrument**
 - Comparison
 - Pre and post test

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