



INVISIBLE yet Powerful **Emotional Impacts of a fall**



The Emotional and Psychological impacts of a fall such as a concern (fear) of falling can affect a person's physical mobility causing increased risk of falling. It is normal to have a certain degree of concern about falling, however if this becomes too great it can stop us from moving and doing our daily activities which affects our muscle strength and balance.

The following is a number of fall related risk factors we must consider to reduce the risk of falls: depression, anxiety, feelings of loss and despair, loss of confidence and self-worth, fear. If you have or know someone that may have a concern with falling, here are some tips to consider:

- ❖ **Acknowledge the emotion and explore how this impacting the person's physical and emotional health and to what degree.**
- ❖ **Knowledge can be power, learn what risk factors are relevant to you and strive to reduce the ones you are able and willing to reduce.**
- ❖ **Talk to someone about your concerns.**
- ❖ **Be aware of your environment and make modifications to decrease fall hazards.**
- ❖ **Improve your balance through balance activities and exercise. This can be done in an environment you are most comfortable.**
- ❖ **Practice, practice, practice to gain your confidence.**
- ❖ **Develop a personal safety plan. This should include learning how to get up from a fall and having a means to alert someone in the event of a fall.**
- ❖ **Healthy Lifestyle - Eating right and staying hydrated.**
- ❖ **Be aware of your strengths and use them.**
- ❖ **Don't stop moving, instead undertake activities in a safe manner (slow down, be aware of your environment).**