



Fall Free Friday

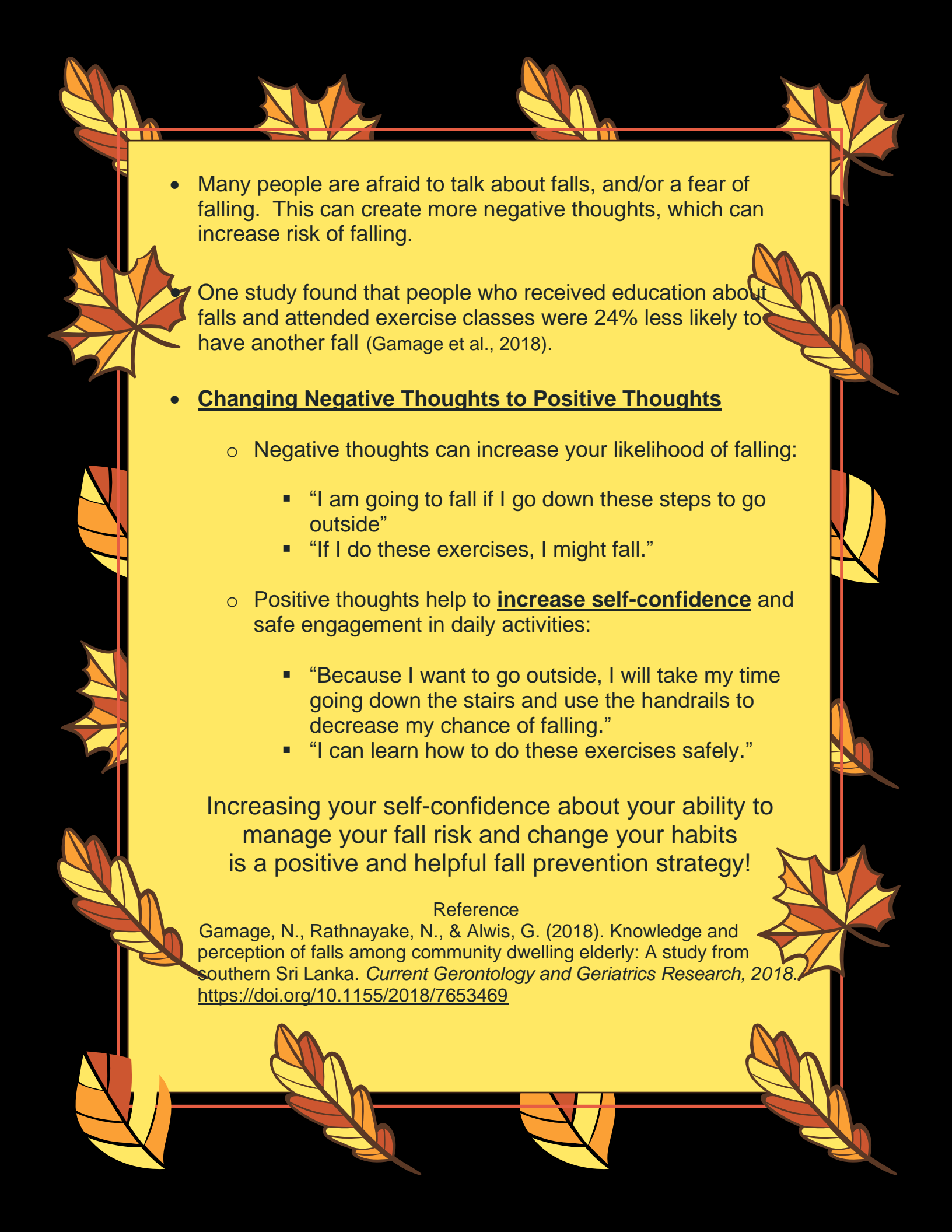
What's On Your Mind Matters: Thoughts and Beliefs About Falls

**October 30,
2020**

10 am

**AAA7 FB
LIVE**

- Educating yourself about fall prevention reduces your chances of falling
- Thoughts and beliefs about falls are different for every person
- Our behavior is influenced by how we think and feel
- Fear of falling may cause you to:
 - Stop exercising, limit doing household work, prevent you from going to social events, or doing other important daily activities
- **Recognize fears, and work on changing thoughts so fear of falling does not create another risk for falls!**

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- Many people are afraid to talk about falls, and/or a fear of falling. This can create more negative thoughts, which can increase risk of falling.
 - One study found that people who received education about falls and attended exercise classes were 24% less likely to have another fall (Gamage et al., 2018).

- **Changing Negative Thoughts to Positive Thoughts**

- Negative thoughts can increase your likelihood of falling:
 - “I am going to fall if I go down these steps to go outside”
 - “If I do these exercises, I might fall.”
- Positive thoughts help to **increase self-confidence** and safe engagement in daily activities:
 - “Because I want to go outside, I will take my time going down the stairs and use the handrails to decrease my chance of falling.”
 - “I can learn how to do these exercises safely.”

Increasing your self-confidence about your ability to manage your fall risk and change your habits is a positive and helpful fall prevention strategy!

Reference

Gamage, N., Rathnayake, N., & Alwis, G. (2018). Knowledge and perception of falls among community dwelling elderly: A study from southern Sri Lanka. *Current Gerontology and Geriatrics Research*, 2018. <https://doi.org/10.1155/2018/7653469>