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## Documents review about elderly people’s fear of falling

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**Statement of the Problem:** Author has investigated fall prevention in a women's learning society for M City to plan the spread of fall prevention classrooms for elderly people. Results showed that 48% of people did not know about the fall prevention classroom, even though 85% wanted one. Also, 10% of people said they had a fear of falling. From this investigation, author was surprised that people didn't know about the fall prevention classroom even though some people were scared of falling. Therefore, to raise awareness of the fall prevention classroom, author has performed elderly people’s fear of falling documents review about elderly people’s fear of falling and examined the present conditions and problems.

**Methodology & Theoretical Orientation:** Author performed document retrieval with Igaku Chuo Zasshi (Medical Journal) and CiNii using the keywords elderly people, fall prevention and fear of falling. I removed the sleeve notes and I sorted and classified knowledge in every document, based on original papers, arranged them and examined the present conditions and problems.

**Finding:** 14 documents were about factors influencing the fear of falling (body function, physical active mass, QOL, ADL, fall experience, bone fracture experience, psycho social factors) four documents were about rehabilitations for people with a fear of falling and one document was about how living conditions affected people’s fear of falling.

**Conclusion & Significance:** Previous experience with falling is not the only factor, the combination of body function and sense of fear is also a factor. Author gave an explanation about the fear of falling. Author hopes that more people will leave about fall prevention classrooms and exercise for body maintenance and improvement of body functions for fall prevention. In future, I want to examine the exercise program that individuals can consider.



### Biography

Tomoko Matsunaga has been researching the health and centenarians of old people. Exercise plays an important role in the element of the health longevity. As the elderly continue to exercise, the fear of falling for the elderly also interferes with the exercise. In that regard, she believes that this research was a meaningful study, as she had to be careful in doing the prevention classes for the elderly.

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