

DISCUSSION QUESTIONS FEAR OF FALLING

- 1. How can fear of falling compromise quality of life? (fear, embarrassment, restriction of movement, loss of independence, increased withdrawal)**
- 2. Causes of falls – medications, vision, standing up from chair**
 - a. Most older people unable to identify causes of falling; think it's a natural part of aging**
- 3. Prevention – grab rails, remove throw rugs, better lighting, raised toilet seat, non-slip strips in shower, strips on steps, cane/walker as needed; walking evaluation; fall prevention program (how to walk, how to stand up, how to fall; increase balance and strength)**
- 4. Family dynamics in older age (reversal of parent-child role; child feels helpless, out of control)**
 - a. Alice fears responsibility – wants her mom in a retirement facility for her peace of mind**
- 5. What are your thoughts about how Dr. Geras manages her patient and family member?**