

INTRODUCTION

Background:

- Falls affect one-third of adults annually and are the leading cause of death for older adults (OA) (Ambrose, Paul, & Hausdorff, 2013 & He, Goodkind, & Kowal, 2016).
- Fall Efficacy (FE) is the confidence a person has in his/her ability to complete a task without falling (Tinetti & Powell, 1993).
- Low FE restricts OA's participation in ADLs, IADLs, leisure activities, and social participation (Jung et al., 2015).
- Our literature revealed many fall prevention interventions focus on physical factors, however, learning more about the psychological components that contribute to falls may also improve outcomes.

Statement of Purpose:

To explore how low FE impacts participation in activities among community-dwelling OAs.

RESEARCH DESIGN & METHODS

- Semi-structured interviews guided by the Modified Fall Efficacy Scale (MFES) with 5 participants.
- Interviews were coded and themes were identified using triangulation and constant comparison method.
- Inclusion criteria:
- $\circ \leq 6$ on MFES, 65 years of age or older, and cognitively intact.

MFES	Areas of the Average Score
Take a bath or shower	3.7
Get in/out of a chair	3.7
Reach into cabinets or closets	3.7
Using front or rear steps at home	2.7

References: Ambrose, A., Paul, G., & Hausdorff, J. (2013), pp. 51-61. doi: https://doi.org/10.1016/j.maturitas.2013.02.009, He, Goodkind, & Kowal (2016). An aging world: 2015. Washington, DC: U.S. Government Publishing Office, Jung, H., Shin, H. H., Choi, Y. W., & Kim, K. M. (2015). The Relationship Between Fall Efficacy and Activity Level in Older Adults. Physical & Occupational Therapy In Geriatrics, 33(1), 53-63. doi:10.3109/02703181.2014.985865, Tinetti, M. E., & Powell, L. (1993). Fear of falling and low self-efficacy: a cause of dependence in elderly persons. Journal of Gerontology.

The Impact of Fall Efficacy on Occupational Performance in **Community-Dwelling Older Adults**

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> ENVIRONMENT **Senior Living Facility Home Dwellers**

Access to Environmental Modifications

FALL

EFFICACY

PERSON

Psychosocial

Conditions: foot drop, poor balance, neuropathy, fibromyalgia

> **Use of Adaptive** Equipment

RESULTS

Themes

- prominent theme related to occupational performance
- Some participants reported adapting occupations to compensate for low FE, while others simply withdrew from occupations.
- Occupational challenges identified on the MFES were associated with a small base of support and weight shifting within the environment.

Participant 1: MFES score 4.57

- P: Foot drop and a decline in memory
- O: Reduced confidence and participation in community mobility and when completing activities in the home

Lowest res

OCCUPATION

Gardening, attending open houses, exercising, home maintenance, grocery shopping, community mobility, bathing, socializing

• The fit between the environment and occupation was the most (environmental modifications to meet challenge of occupation).

Example of a poor "FIT" between P E O

• E: Lack of environmental modifications in home and uneven surfaces in the community e.g. lack of grab bars, sidewalks

PARTICIPANT QUOTES

"I try to walk on...ground level...I try never to walk where it is too steep...or where there are no rails...so like climbing or going down steep (stairs), you know I try to avoid ... "

"What would you say frustrates you the most about being fearful about falling overall?" "It inhibits me socially and geographically..."

"Yeah, sometimes when trying to reach something, um, high up, I try to say, 'Should I bother? I might fall."

DISCUSSION & IMPLICATIONS

- participation.
- performance.

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• Psychological factors, such as FE contribute to decreased participation in occupations and therefore, should be addressed as a component in fall prevention interventions to increase

• Environmental modifications, or the lack thereof, had the most impact on occupational

• A higher level of occupational participation was present among those who used adaptive and compensatory strategies.

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