

# FEAR OF FALLING

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### **Fear of falling | NHS inform**

As we age, a fear of falling can affect your confidence and stopping you from doing things you enjoy. Find out what you can do to overcome this.

### **Fear of falling - Wikipedia**

As we age, fear of falling can become a serious concern. Some people worry about falling, and the consequences of a fall, even if they've not.

### **How to deal with anxiety about falling | NHS inform**

The fear of falling (FOF), also referred to as basophobia (or basiphobia), is a natural fear and is typical of most humans and mammals, in varying degrees of.

But even a minor fall can make older adults overly cautious. Various surveys show that 40% to 73% of people over age 60 who have fallen fear falling again, and.

Related books: [Entdecke deinen Auftrag: Erlebe das Abenteuer deines Lebens \(German Edition\)](#), [BLAQ AZ NIGHT \(BLAQ YARD POETRY Volume 1\)](#), [The Burden](#), [Gleichgeschlechtliche Elternschaft \(German Edition\)](#), [Mistress of the Sun](#), [Future Concepts XXVIII - Education Challenges for the Future](#), [Elementargeometrie: Fachwissen für Studium und Mathematikunterricht \(German Edition\)](#).

Also on NHS inform. Convergent validity was tested in five self-efficacy measures, in two FOF measures and in one activity-related measure. One of these studies was excluded due to weak methodological quality.

The methodological filters used were age more than 65 years old, English language.

If you haven't had a fall, or can't be sure what caused your fall, read about the risk factors to find out how to reduce the risk of Fear of Falling happening Fear of Falling the future. It can also improve your sleep and fitness When should I ask for more help? These results, although unable to prove that this fear is innate, indicate that most human infants have well developed depth perception and are able to make the connection between depth and the danger that accompanies falling.

Physical function and health status among seniors with and without a fear of falling. Adults fear falling more than robbery, financial stress, or health problems.