

**HISTORY OF FALL AND IT'S RISK FACTOR AMONG OLDER PEOPLE IN  
CHERAS COMMUNITIES**

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## ABSTRACT

The aim of this study was to determine history of falls among older people in Taman Midah and Taman Connaught in terms of location, timing, probable causes, and types of injuries. And to describe the risk factors among older people in Taman Midah and Taman Connaught. A cross sectional study was conducted in Taman Midah and Taman Connaught. Participants aged 60 years and above were included in the study. A structured questionnaire, assessing socio-demographic variables, medical and falls history was administered by a student nurse over a 3-month period in 2014. A total of 60 respondents participated in this study with a response rate of 100%. 61.7% reported the experience of falls. Majority of falls occurred in the home and the two most common places were the bathroom (n=36) and getting out of bed (n=35). Older people, who fell, sustained an injury and most sought medical attention. Conclusion: In conclusion, falls are common amongst older people. Extrinsic factors, such as Slipping, uneven floor surfaces, poor lighting, unsafe stairways are involved in falls among the older people. Intrinsic factors such as senses of sight, touch, hearing and smell tend to decline.

**Keywords:** History of falls, risk factors, older people, Malaysia