

1574

**Fear of falling and activity restriction in community dwelling older adults with low vision.**

Lena Weismann, Margaret Mc Grath  
*National University of Ireland, Galway, Galway, Ireland*

**Background:**

Fear of falling is the most common reported anxiety among older adults and can profoundly affect their quality of life. No research exists on the extent of this health care problem in Ireland. This study explored the prevalence and lived experience of fear of falling and activity restriction among community dwelling older adults with low vision, living in Ireland.

**Method:**

This mixed method study was based on an embedded design using a phenomenological approach and descriptive statistics. Semi-structured interviews and the Survey of Activities and Fear of falling served as data collection tools. Findings were evaluated using content analysis and SPSS.

**Results:**

The mean age of participants was 82 years. Results of this study show that on average they are little to somewhat fearful of falling in completing activities of daily living. Four major themes emerged from the analysis of the interviews. These outline the participants' general experience of fear of falling and their perception about the causes and prevalence of this anxiety. They furthermore describe older adults' experience of activity restriction resulting from fear of falling and their suggestions about how current services could be improved to support them to effectively deal with their fear.