CLSA Approved Project

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Project Title
The Association Between Multimorbidity Resilience and Injurious Falls

Project Summary
Multimorbidity (the co-existence of multiple diseases or conditions) is one of the most common chronic conditions experienced by adults and its rise has increased stress on patients, carers, the health care system, and the economy. Multimorbidity resilience is an emerging phenomenon and describes one's ability to adapt to multiple chronic diseases and maintain a comparatively high state of well-being. For our research project, we will use data from the CLSA to assess the use of a composite mulitmorbidity resilience definition by evaluating the relationship between the subindices of multimorbidity resilience and the occurrence of and recovery from injurious falls. This will help to explain the 'bouncing back' from disease effects and identify coping mechanisms that can be used to 'do well' in the face of adversity. Furthermore, it will expand on the use of a composite definition of multimorbidity resilience and whether this framework is a predictive model for health outcomes.

Keywords
Multimorbidity, Resilience, Falls, Predictive outcomes, Comorbidities, Coping mechanisms