

CLSA Approved Project

Applicant

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Project Title

Using personality traits and risk-taking behaviour to explore falls in community-dwelling older adults: An analysis of the Canadian Longitudinal Study of Aging

Project Summary

Falls are one of the greatest challenges of aging. They pose a large financial strain to the health system and can have devastating consequences for older individuals. The incidence of falls increases with age, with about one in three older adults in Canada over the age of 65 falling each year. Older adults who fall once are at a greater risk of falling again and this has psychological consequences that may be as disabling as the fall itself. Thus, to understand falls and fall risk, one must consider the physical (i.e., environmental and institutional factors) and the individuals' personality traits and behaviour factors. While many studies have examined the biological/medical and environmental risk factors for falls, there is a lack of studies investigating the personality traits and risk-taking behaviours associated with fall frequency. This study, therefore, aims to uncover whether personality traits and risk-taking behaviour predict the frequency of falling in older age using data from the CLSA.

Keywords

personality traits, risk-taking behaviour, fall risk, fall, older adults