

**UNIVERSITI TEKNOLOGI MARA**

**FALL CONCERN AMONG CARERS  
OF AN OLDER PERSON**

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Thesis submitted in fulfilment  
of the requirements for the degree of  
**Master of Health Sciences**  
**(Occupational Therapy)**

**Faculty of Health Sciences**

**June 2023**

## ABSTRACT

Carers play an essential part in caring for the older person at home and keeping the older person from falling. Older people fall at least once a year, resulting in many devastating complications that affect the older person and the carers. It has a significant impact on an older person's life and affects the overall dynamics of the family as the caregivers. Carers may face similar fall-related concerns as their older person did. Excessive caregivers' concerns about falls are likely to increase the risk of falls for older people, and some are reluctant to leave their elderly alone. This may add up to the capacity of the carers to deal with the challenge when taking care of their elderly. Therefore, this study aims to identify the level of fall concern among carers of an older person and its relationship with carers' strain, depression, stress, anxiety, and social support. Five hundred ninety carers of an older person participated in this study. The data was collected through an online survey using a google link questionnaire. The study found that the carers had a high level of fall concern measured by the Malay version of the Carer Fall Concern Instrument (CFC-I M). A current study found that the CFC-I-M has excellent validity and reliability when used among Malay-speaking elderly caregivers in Malaysia, where the study was conducted. Furthermore, the level of fall concern was associated with the total assistance provided by carers in ADL, the history and frequency of fall in the elderly, carers' strain, and perceived level of social support. It was also found that there is a significant difference between carers' fall concern and history of falls of the elderly, number of falls, carers' strain, and perceived level of social support. Hence, our study found that carers' fall concern predictor was history of fall, carers' strain and perceived level of social support. Overall, it can be concluded that falling does not just afflict the elderly but also increase carers' fall concern. Levels of carers' fall concerns were linked with the history of fall in older person as well as levels of perceived support and strain when caregiving. The family is the most common informal support system for the elderly. Indeed, family members were the first to be approached to assist with elder care. Hence, there is a dire need for a fall prevention and education program for carers. Lastly, engaging caregivers and discussing carers' concerns will help strengthen fall prevention strategies for home care recipients.

## ACKNOWLEDGEMENT

First of all, Alhamdulillah, and all praise to Allah S.W.T for the strengths and guidance throughout my research work in completing this "Fall concern among carers of an older person" thesis.

On this occasion, I would like to express my greatest gratitude to my research supervisor, Ass. Prof. Dr. Akehsan Bin Dahlan who had guided me throughout this research. With his help and dedicated involvement in every step throughout the process, I was able to complete this thesis well. It was an honor to be under your guidance, which has helped me every step of the way throughout my research study. I believe I learned from the best. Only Allah S.W.T can repay all his kindness and sacrifice throughout this research.

Most importantly, I would also like to express my deepest appreciation to my parents, my father, and my mother, for their encouragement, support, sacrifices, prayers, finance, and love they have given to me throughout this study. Thank you to both of my parents for giving me the strength to achieve what I want and supporting whatever decision I made, especially in continuing my study. Not to forget my siblings, who gave me support, company, and encouragement to complete this thesis. All of them kept me going, and this work would not have been possible without their support.

Not to be left forgotten, I also wish to acknowledge everyone who contributed directly or indirectly by supporting and helping me in order for me to carry out and finish this thesis. All of the assistance, sharing the idea, and giving comments during the research until completing this thesis means a lot so that I can improve it in many ways. I truly appreciated all of the assistance and kindness gave throughout this research. In addition, I would also thank Universiti Teknologi Mara (UiTM) for funding this study under the research university Grant {600-RMC/GIP 5/3 (074/2021)} and the Journal Support Fund, IPSis UiTM for the publication of the paper entitled 'Fall Concerns among carers of an older person.

Last but not least, I want to thank me, I want to thank me for believing in me, I want to thank me for doing all this hard work, and I want to thank me for never quitting. I am also deeply thankful for all the people I mentioned above, who helped me a lot during writing and finally completing this thesis. All of their love, help, and support are truly unmeasurable. May Allah SWT bless you all.

May the Almighty God bless all of us.

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