INDEPENDENT RESEARCH EXPLAINED | 2022

Everyday Mobility And Repeated Falls

A year of recorded falls among older people living at home, including people with Parkinson’s disease.

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What Did The Researchers Do?

Researchers followed 175 community-dwelling adults (mean age 83.2), recruited when prescribed walking aids or seeking home support or alarms. Monthly calendars and telephone interviews recorded 185 falls among 74 people over 12 months.

Repeated Falls And Key Findings

Eight participants reportedly fell at least five times. Three fell at least ten times, all with Parkinson’s disease. One experienced 28 falls. Previous falls predicted subsequent falls (odds ratio 1.9, 95% confidence interval 1.3 to 2.7).

Activities At The Time Of Falling

Activity	Recorded falls
Moving around the home	45
Rising from sitting	20
Moving with a walker	12
Maintaining standing	8

Selected activity categories from 185 total falls. These categories do not cover every incident.

What This Means For Everyday Mobility

This is relevant to people who keep falling during everyday movement. The important distinction is between a fall, an injury and hospital treatment: a person can fall repeatedly without every incident leading to admission. Those outcomes need to be recorded separately when evaluating support.

Limits Of The Evidence

Seven falls required hospital care. This descriptive analysis of an exercise-trial cohort did not compare walking devices or test LifeGlider. The article reports 82 injured incidents in its abstract versus 83 in results; recurrence categories total 75 despite 74 stated fallers. A precise recurrent-faller percentage cannot reliably be derived.

These studies did not test LifeGlider. Evidence about existing falls does not establish that another device would have prevented them. No author or institution endorsement is implied.

Complete Report And Attribution

What Predicts Falls, and what are the Circumstances and Consequences of Falls in Community-Dwelling Older Adults Who Need Walking Aids or Home Help Service

Gerontology and Geriatric Medicine. DOI: 10.1177/23337214221098900

Read the complete original study

Open the original PDF

The original contains a recruitment flowchart and six tables. No fall photographs or videos are provided. Its CC BY-NC 4.0 licence restricts commercial reuse; the complete report and figures remain with the publisher.

This is an original Mobility UK factual summary. It is not a reproduction or rebranded edition of the research paper. Prepared 5 November 2026.

Does Repeated Falling Sound Familiar?

If you or someone you love struggles when walking or standing, explore how LifeGlider’s wrap-around support works. A free video demonstration is a practical way to discuss the person’s needs.

Explore a free LifeGlider video demonstration

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