AGEING WELL: FALLS

NEWCASTLE UNIVERSITY



WEEK 1 WHAT ARE FALLS AND WHY SHOULD WE CARE? FALLS WORDCLOUD

We invited learners to submit 3 words associated with the word fall. We have presented the results as a wordcloud. This document shows the results as a table.

Word	Frequency
pain	397
fear	244
injury	234
trip	138
embarrassment	137
balance	132
shock	112
loss	73
accident	57
hurt	54
stumble	51
confidence	49
dizziness	47
slip	43
imbalance	34
fracture	31
unsteady	30
control	29
broken	27
anxiety	26
surprise	25
embarrassed	24
sudden	24
autumn	23
collapse	22
confusion	22
fall	22
vulnerable	22

Word	Frequency
ground	21
unexpected	20
weakness	20
elderly	19
embarrassing	19
worry	18
painful	17
unbalanced	17
bones	16
drop	16
risk	16
dizzy	15
lack	15
uncontrolled	15
scary	14
vulnerability	14
weak	14
tripping	13
bruise	12
distress	12
impact	12
old	12
preventable	12
blackout	11
helpless	11
hospital	11
carelessness	10
damage	10

Word	Frequency
falling	10
falls	10
frail	10
frightening	10
help	10
words	10
anger	9
can	9
death	9
disability	9
isolation	9
life	9
shame	9
bad	8
consequences	8
crash	8
dependency	8
frightened	8
muscles	8
poor	8
scared	8
stairs	8
think	8
tumble	8
unstable	8 7
danger	7
dangerous	7
fright	7
frustration	7
gravity	7
helplessness	7
hip	7 7 7
ice	7
ouch	
people	7 7 7
shaken	7
step	
trauma	7
alone	6
blood	6
break	6
clumsy	6

Word	Frequency
dependence	6
fractures	6 6
humiliation	6
independence	6
injuries	6
lost	6
mobility	6 6 6
prevention	6
recovery	6
self	6
three	6
uncertainty	6
uncontrollable	6
ageing	5
also	5
annoyance	5
bruises	5
changing	5
disorientation	5
environment	5
floor	5
frailty	6 6 6 6 5 5 5 5 5 5 5 5 5 5
happened	5
hitting	5
immobility	5
insecurity	5
instability	5
losing	5
medication	5
miss	5
nervous	5
stupid	5
tripped	5
trips	5
unbalance	5
unplanned	5
unsteadiness	5 5 5 5 5 5 5 5
water	
age	4
awareness	4
bruising	4
concentration	4

Word	Frequency
confused	4
costly	4
debilitating	4
descent	4
disbelief	4
exercises	4
experience	4
eyesight	4
feeling	4
fragility	4
hazards	4
head	4
health	4
leaves	4
loose	4
may	4
mechanical	4
mum	4
panic	4
physical	4
rushing	4
serious	4
silly	4
steps	4
vertigo	4
vision	4
way	4
will	4
wobbly	4
word	4
worrying	4
accidental	3
afraid	3
around	3
associated	3
awkward	3
bang	3
best	3
bone	3
care	3 3 3 3 3 3 3 3 3 3
cause	3
change] 3

Word	Frequency
concern	3
course	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
denial	3
dependent	3
depression	3
dignity	3
distracted	3
distraction	3
effects	3
emotional	3
fairly	3
fractured	3
going	3
humiliating	3
incapacity	3
inconvenience	3
involuntary	3
just	3
lose	3
many	3
miedo	3
obstacle	3
physio	3
position	3
possible	3
pride	3
problem	3
quickly	3
reduced	3
slippery	3
things	3 3 3 3 3 3
topple	3
upset	3
walk	3