

## INFLUENCE OF BALANCE CONFIDENCE IN PERFORMING ACTIVITIES OF DAILY LIVING IN COMMUNITY DWELLING ELDERLY POPULATION

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### **ABSTRACT**

*Background-* Maintaining balance confidence is crucial as people age in order to avoid unnecessary, self-imposed activity limitations and to avoid a future handicap so aim of the study is to determine association between balance confidence and ADLs in community dwelling elders.

*Methodology-* a cross-sectional study which includes 40 elderly participants whose age was 60 and above The ABC scale was used to measure balance confidence and Katz Index to assess functional status as a measurement of the client's ability to perform activities of daily living independently.

*Result-* Mean age of participants in the study was  $70.07 \pm 7.525$  Pearson's correlation was used to know the association between balance confidence and ADLs. The study shows statically significant result ( $p=0.001$ )

*Conclusion-* The study concluded that low balance confidence is associated with decline in ability to perform daily living activities in community dweeling elderly population.

**KEYWORDS:** Balance Confidence, Adls, Elderly, Fear of Fall.