The program showed no efficacy in reducing the fear of falling whereas it is statistically significant. The average scores of Tinetti Falls Efficacy Scale showed no difference between the experimental and control groups in all of the three measurements (p>0.05). A statistically significant difference in experimental group in the pretest, posttest as well as the follow-up observations (p<0.01, Table 1).

The total score of Elderly Falls Behavioral (FaB) Scale showed significant difference between pretest-posttest and pretest-observation measurements (p<0.05), (Table 2). FaB the subscale scores of Cognitive Accommodation, Activity, Avoidance, Awareness, Practicability, Level Change, Catching up Phone Calls and Carefulness were measured higher (p<0.05) than the scores of the control group for the mentioned topics above.

The program showed no efficacy in reducing the fear of falling whereas it is found helpful in the affairs such as taking a walk for 30 minutes each day, avoidance of falling, foreseeing the dangers in falling and planning. In order to reduce the fear of falling, it can be proposed that thorough interviews can be carried out, awareness raising applications can be done and coping strategies about fear can be taught to the elderly.

**REFERENCES**