Abstract
Post fall syndrome can be summarised as a fear of suffering a further fall, loss of confidence in developing a purposeful activity without falling and a reduction in mobility and functional capacity. The aim of the present study is to establish a plan of action aimed at overcoming fear, in order to firstly, encourage the recovery of balance and progress, and secondly, to prevent the possibility that fear of a further fall will cause specific socio-health problems in the elderly person. Initially, specific concepts based on Beck’s Cognitive Therapy were used, for which research has shown that a series of gradually achievable outcomes for problem behaviour, with a clear objective in mind, mitigate depressive symptomology and modify the autoconcept of the subject and their negative expectations. In addition, we also believe in the importance of the simultaneous use of operant techniques to change behaviour.

Keywords
Geropsychology, falls, Psychological intervention, gerontology