



The True Story of Falls

By Joe Steckler, President, Helping Seniors of Brevard County

Like you, I have read many stories about falls, including how to prepare your home to prevent them and all the tools available to keep you from falling. As I describe my falls, I hope you will pick up on what I consider their main cause. These are my thoughts and observations and describe my own history of falls, but how many of you have had similar experiences?

- Fall #1: I was in the foyer of a home picking up a piece of art donated by a very generous and good artist. As I was about to leave via the front door, I was called to the living room. When I stepped into the room, my foot dropped into air, I lost my footing and fell. I had been standing on a raised entryway. No damage.
- Fall #2: Completing my rehabilitation following knee surgery, I walked to our guest bathroom without my walker. As I entered the room, I felt a little dizzy, lost my strength and slid down the cabinet to the floor, sitting on my rear end. My feet did not slide out from under me but remained in place so that my weight compressed both knees, fracturing my kneecap on the replaced knee. It was more than painful. Paramedics came and

put me in my recliner. Things got worse overnight, and I was in the hospital the next day. That was the start of a journey I will not describe here, and it was all caused by Fall #2.

- Fall #3: I was getting ready for church on Sunday, sitting on my stool (did I mention I was now in a wheelchair since I could not stand on my legs due to knee PAIN) and reached for the door to steady myself. Of course, the door was on the other side, and I was on the tile floor. No damage but a little bruised and a painful rise back to the stool.
- Fall #4: While transferring from my recliner to the wheelchair, I did not correctly position the wheelchair for the transfer and fell to the floor on my back. No damage but painful getting up using pillows under my knees.
- Fall #5: Was in a medical office, used the facility and the grab bars were not positioned to help me so in moving from the toilet to a standing position I fell to the floor.

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