

Lets Examine Fall Prevention and Fall Recovery

Presented from the viewpoint of members of our FSHD Community and
Wellness Hour



If It's September... It
is Fall Prevention
Awareness Month!!!

Ranae N. Beeker, MSN,RN

Hmmm... what is the official definition of a fall?

For those in the USA- *Medicare defines a fall:* as a failure to maintain an appropriate lying, sitting or standing position resulting in an individual's abrupt undesired relocation to a lower level.

For a Global definition the *World Health Organization (WHO) defines a fall:* as an event which results in a person coming to rest inadvertently on the ground or floor or other lower level.

Why are we so concerned... worried... about falls or falling?

Well, here are a few sobering statistics from the CDC: (<https://www.cdc.gov/falls/facts.html>)

1. In the US:
 - a. One out of five falls results in a serious injury... which means a broken bone OR a head injury
 - b. Every year, 3 million older people are treated in Emergency Departments for fall injuries.
 - c. Greater than 800,000 patients a year are hospitalized because of a fall injury~ usually this is a head injury or hip fracture.
 - d. “Unintentional falls are the leading cause of injury and deaths from injury among adults aged ≥ 65 years (older adults)”. (<https://www.cdc.gov/mmwr>)
 - i. Almost 39,000 older adults died due to a fall in 2021 (<https://www.cdc.gov/mmwr>)

Sobering statistics from the World Health Organization: (<https://www.who.int/news-room/fact-sheets/detail/falls>)

1. World wide:
 - a. Falls are the second leading cause of unintentional injury deaths world wide.
 - b. 37.3 million falls occur each year, that are severe enough to require medical attention.

When we add the muscle weakness, walking challenges, foot pain, loss of balance, & the inability to protect ourselves when we fall... having FSHD (at any age) makes us much more prone to an injury than the general public.

Soooo...What does the research literature share with us about falls?

1. **Impaired** gait and mobility are important factors that promote falls (We knew that!!!).
 - a. Meaning, the more impaired we are with our ability to walk, the greater the chance of a fall. **Unless** you do not walk at all, then the incidence of falls drops greatly.
 - i. Doesn't mean it isn't a risk, the risk of a fall tends to lessen when we do not walk.
 - ii. For people with muscular dystrophy, walking is noted as the most frequent fall-related activity among older adults (65 yrs and older).
 1. Especially for **all** individuals who experience problems with balance.
- (Matsuda et al., 2015,)



When we think of falls we often think of breaking a bone...and a long recovery, AND maybe the loss of OUR mobility.

- ★ So what can we do to help keep our bones strong and help prevent a fracture?



Assuring you have the best bone density possible is important to prevent bone fractures.

How can we do this?

First, check out your bone density.

- Have you had a bone density scan?
 - It is recommended for many reasons, one that fits for FSHDer's is lack of (or limited) weight bearing... as in walking, standing.
 - **Bone strength is promoted by the need for long bones to bear our weight.**
- It is an easy test, ordered by your doctor.
 - It is painless, once you are positioned appropriately on the exam table
- **So if you haven't had a bone density assessment/screening. Ask your provider about getting one scheduled, at a minimum as a baseline for future assessments. *Advocate for yourself!***

Bone Density Importance and Needs Continued

- Assure your health insurance will cover the scan prior to the test.
 - Medicare Part B covers a bone density scan every 2 years if...*
 - Most insurances follow Medicare, but always check!
- The following will also promote bone density:
 - A healthy diet
 - Exercise
 - Weight bearing as you are able
 - Some providers will encourage supplements as well

Please advocate for yourself and check with your provider for a bone density scan/screen and for ways *YOU* can *promote your own bone health*.

Websites that may be helpful on the topic of bone density...

Websites that might be helpful to learn more about the importance of bone density, AND how to do so!:

[Bone Density: What It Is and How to Keep What You've Got | HSS](#)

[Recommendation: Osteoporosis to Prevent Fractures: Screening | United States Preventive Services Taskforce](#)

<https://www.medicare.gov/coverage/bone-mass-measurements>

<https://www.bonehealthandosteoporosis.org/preventing-fractures/prevention/prevention-and-healthy-living/>

<https://www.health.harvard.edu/womens-health/5-ways-to-boost-bone-strength-early>

<https://orthoinfo.aaos.org/en/staying-healthy/calcium-nutrition-and-bone-health/>

<https://www.hss.edu/playbook/ways-to-promote-bone-health-at-any-age/>

What else can we do to prevent falls?

- **Maintaining strength**, as we are able to,...very important for fall prevention (and ...).
 - The stronger our muscles are, the better for **maintaining balance** and the ability to keep us upright and actively participating in fall prevention.
 - Contrary to what we learned decades ago, exercise and strengthening muscles
 - *Is important for individuals with FSHD*. It is, how we exercise that is crucial. Keeping our non-affected muscles strong and useful, provides not only muscle strength, but our whole body with great benefits.
 - Benefits such as improved cardiovascular, respiratory, renal, gastrointestinal, stronger bones, vascular and brain (which includes emotional) functioning.
 - Per the FSHD Society Website (<https://www.fshdsociety.org/exercise-and-fitness/>)
“ Exercise can help you regain strength and function to some extent, if you understand which of your muscles are still capable of some recovery. Exercise can also help alleviate pain” (***added BONUS!***).
 - There is no one size fits all solution, it takes research, persistence and being creative to identify an exercise regimen that works for ***you and YOUR body***.

DRUM ROLL PLEASE!!!



As an individual we may be smart,
As a collective of smart, bright, innovative, adaptive individuals
challenged by the disease of FSHD

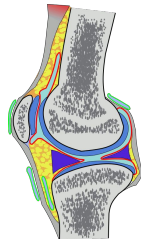
WE ARE BRILLIANT!

Next are great submissions from our fellow FSHDer's on how they
provide for their own **Fall Prevention** needs.

Names are used with permission.

Great suggestions from our community on tips/techniques that help them to prevent falls.

- ★ I keep myself as strong as possible by exercising. For exercise now, I take a walk, a short walk, and keep my balance by holding onto someone's hand. **Manav Goel**
- ★ When walking, and feeling unstable I use a transfer belt with multiple handles, this helps the person walking with me keep me stable. Please also notice this handy tool, helps to get us up after a fall as well. **Anonymous**
- ★ If I stand up and don't feel safe, I sit back down, take a few deep breaths before I try again
- ★ Whenever I feel like falling by the wayside, I start walking with baby steps like a child.
- ★ I have a mantra that I say, whenever I transfer. I always say to myself, "no tripping, no slipping, no falling, no calling". This reminds me of what I am doing, *AND TO BE CAREFUL!*
 - Because I hurt my knee in 2021, I also add...1,2,3 **DON'T HURT YOUR KNEE!** **Teri Carlino**



More great suggestions



- ★ I recommend an in-home Occupational Therapist (OT) assessment. OT's are great at recognizing fall hazards and providing practical/preventative recommendations. They are also very good at helping with bathing challenges, and problem solving needs. They are good at *how* to get what you need, to get things done!
- ★ Consider using an assistive device before you absolutely need it... i.e. ankle foot orthotic, walking poles, walker/rollator and/or wheelchairs
- ★ I announce my presence if someone may not know I am near them, or may have their back to me. This way they do not inadvertently knock me over or startle me and cause me to lose my balance. Reminds me of the Jack and Jill nursery rhyme!!
- ★ Take time to rest between activities, being exhausted/weary promotes weakness and potential falls
- ★ Grateful my neuromuscular provider recommended I see a neuromuscular PT. They have a practical approach to fall prevention. Mine provided an excellent evaluation of my strengths and challenges. She then gave me exercises to do AND homework to prepare for our next appointment.

Helen Cave

As a collective, we are so grateful for the great suggestions!

- ★ I noticed my feet being “differently angled” when working with my PT. This caused my weight to be distributed ineffectively and dangerously when I walked. I now have specific orthotics designed for me in both shoes. They help re-distribute my weight appropriately on my feet. As an added bonus they help with my hip pain. When the body alignment is off it affects much more than just our feet.
- ★ I use the Tai Chi maneuvers I learned several years ago to help distribute my weight appropriately as well.
- ★ Being able to offload my weight from the outside of one foot and promoting body alignment has helped the risk of my falling **Bill Corrinne**



Our Gratefulness continues!!

- ★ Be aware of your weaknesses, all of them *Mental AND Physical!* We all have them, we're human!
- ★ Be aware of your surroundings, all of them- furniture, chairs, what is on tables, chairs AND floor.
- ★ Always use the lights in the room you are entering
- ★ Don't put off obvious trip hazards for later, get it taken care of as soon as you are able to
- ★ Keep all walking aids within arms reach
- ★ Keep your phone with you at all times as well as any emergency call buttons (help I've fallen and I can't get up **IS REAL!!!**)
- ★ Before you go outside, put your house key in your pocket, don't lock yourself outside.
- ★ Nurse Beeker DOESN'T recommend using a step stool or ladder. IF *YOU FEEL YOU MUST...* use it only if you have someone to hold it for you. If you have balance issues, put the ladder where it is quite *inconvenient* for you to use... this way you'll ask for help each time.
- ★ People are GOOD, ask for help. It is hard to do, but most people will help when asked. **If you don't ask then the answer IS always no...** please advocate for yourself and ask for help.
- ★ An interesting website:
https://qctimes.com/news/local/milestones-on-aging-six-healthy-habits-to-start-your-new-year/article_7542e701-7c8d-56f7-a0ff-33ed9b7da46d.html

Bill Corrinne

Grateful for these tips about Walking and Ankle Foot Orthotics (AFOs)

- ★ The best thing I did to prevent falls was to wear my Ottobock Orthotics. They were a pain in the butt, but now I would be lost without them. They are the ultimate aid for foot drop. **Allen Carney**
- ★ I am very cautious about stepping on uneven surfaces and very intentional when going up or down steps. **Allen Carney**
- ★ My AFO's have helped to prevent falls!!! **Ricardo Gerpe**



- ★ I am very careful on what surfaces I walk on, and avoid any wet surface or uneven surfaces.
 - I always wear shoes with rubber soles.
 - If I am carrying something and feel I'm about to fall I let it go so at I can land on my butt and not forward hitting my face/head
 - I run my hands on the wall to steady myself
 - I use a cane when going a distance**Robin Warner**

Our cup runneth over with Gratitude!

- ★ In my condo I eliminated ALL area rugs and replaced with various different floorings in each room with the same hard, durable, engineered, bamboo wood throughout. This way there is no transition strips between rooms... many less trip hazards this way!!! **Jane Earl**
- ★ Having the right type of shoe is very helpful to prevent falls. I found a brand called *Friendly Shoe* that has a zipper on the side to encourage ease of getting on and off, they are inexpensive, light and supportive. **Larae Osner**



And Continue it does!!!

- ★ A member shared a great innovation he came up with. It helps him get up and down, so that he doesn't worry about ending up on the floor. But... it would help him get off the floor if he needed it

Jeff Brooks

- ★ Here is a little video of Jeff and his lift:

<https://photos.google.com/share/AF1QipNrVP425GZn3Wx7sN3gdX9Pna-NAjWL8J7Td8i5lumE3WBQFMNt5M0JoIDbyB3Rcw/photo/AF1QipO4AIIW8wPhSKEvBBCeCLAM8CDSydVVFzhAY8GH?key=QWFWSWNPOE9ldTFiWjdpTm9XTjB5ZEJOdGJPenZn> .



We have such great innovators in our community!!!

Jeff's Lift Project:

<u>Purchased From</u>	<u>Item</u>	<u>Cost</u>
Harbor Freight	Trailer Winch	\$69.99
Harbor Freight	Rigid Caster (2 @ \$4.99)	\$9.98
Harbor Freight	Harbor Freight Sales Tax	\$5.79
Larsen's Ace Hardware	Swivel Pulley	\$9.99
Larsen's Ace Hardware	Fasteners	\$8.75
Amazon	Schumacher Battery Charger	\$35.97
Walmart	Powersports Battery	\$66.05
Boyster Welding	2 in. channel, 1-1/4 sq. tubing	\$18.00
	Total:	\$224.52

More Innovation....

- ★ This is called a “C-Brace with a microprocessor”. (Picture to the far right)
- ★ Kathy worked hard and went through many hoops to get this full leg brace approved by Medicare!!! Which she named... Tessa!!
- ★ This brace uses microprocessor technology to help her stand and walk safer. “The brace is individually fit for each user and support can be adjusted up or down over the course of time according to your physical needs. The brace responds to your gait dynamically and in real time. Incorporated into this technology is stumble control.” (FSDH Society Advocate March 2023- link below)

We encourage you to use the links below to get a good idea of how great this new technology is AND fully understand the great work Kathy has provided for all who follow in her footsteps (hehe...)

<https://www.fshdsociety.org/wp-content/uploads/2023/03/FSDH-Advocate-Magazine-2023-Issue-1-Final-LR.pdf>

https://www.youtube.com/watch?v=B4a0Ytk78BM&list=PLoNV_O4IZEdHMpUlf2sX3PdqdWUOEmX4U&ab_channel=KathyandherC-brace

https://www.youtube.com/watch?v=vHcr0-0d6qw&ab_channel=FSHDSociety

Thank you **Kathy Senecal** for your tireless work on getting this device approved by Medicare!



So how do our fellow FSHDers GET up OFF THE FLOOR when they fall?

In most areas of the US, the local **fire department** will come and help you get up after a fall.

Generally if an ambulance ride is not indicated, there is no charge for the Fire Department to come and help you... it is a way of putting your tax dollars to work!

- **Consider being proactive and calling your local fire department and speaking with the emergency medical services department prior to a fall...**
 - Ask them to come and and speak with you in your home. This provides a proactive method of *having them help you design a safe plan* to get into your home and help you if... you need them.
- So keep your phone with you always, set it to respond to you even if it is turned over.
 - Put Emergency Services into your contacts as 911
 - Use your Smart Devices to help you call for help when you need it.

More great tips follow...

Excellent information from our FSHDer Community

Teri Carlino shares-she uses slipper socks with grippers to help with traction when someone is helping her up.

- When she is alone she uses her phone or Samsung watch to reach out for help. The watch has a fall detection mechanism which reaches out for help. She also has an Amazon Echo dot to reach out for help.
 - She reminds us that 911 **must be programmed** into our CONTACTS. She uses the term HELP as **a saved contact** containing the phone number of 911. Her Echo dot will use this contact to call 911 for her, by saying **CALL FOR HELP**.
- She has also used the foot extender on her power wheelchair to lift herself off of the floor.
 - By sitting on the foot plate, she was able to reach up to the joystick and elevate the foot rest so she could stand up.

Ginny Pihcik shares, she decided to stop walking the day she fell and hit her head on the dining room table. She wasn't hurt (thank goodness!) But she took it as a sign... *she didn't want to die by falling*. This is when she began to use a power wheelchair full time.

Robin Warner shares that she is able to scoot over to something she can pull herself up on like furniture or a wall

More sharing

- If you can put your hands on the floor with your legs locked and stand up from that position. Keep your arms stiff and straight legs with toes on the floor... like the start of a push up. Then walk one's feet toward the palms until standing up with hands on the floor ... then rise up. (**Anonymous** and **Sondra Schuman**)
- Having a gait belt handy for others to help you up appropriately (while minimizing injury to the helper or the helpee).
 - We know that we can't have folks pulling us up by our arms or under our arms. This one comes in 3 sizes. (anonymous)

Brand: Mobility Transfer System
Safetysure® Transfer Belt - Large (42" - 60")

★★★★☆ 8



\$39⁷⁷ (\$3.31 / Ounce)

FREE Returns

Helpful information from LaVonza Sanders

- I used to be able to get my arms onto a chair or large sturdy ottoman (both being on carpeting so they won't slide). Then get one leg up/bent with that foot securely on the floor. Then using my arms to push myself up and into a bent over position, I was able to get myself seated on the chair or ottoman. Once losing more strength in my arms the ottoman was helpful as I could get my whole upper body onto it while there was more room to turn onto my side and then I could push myself up.
- When my arms could no longer push myself up. I would crawl or scoot to the electric recliner. I would partially extend the leg rest out and then work myself onto the leg rest and inch myself into the recliner seat. The recliner was leather which helped.
- When I fall and am unable to reach my sister I have called 911, and the fire department has come out to help me.
- I have not fallen since I stopped walking but I have had some near misses with transfers. In an effort to prevent falls or mishaps, where I end up in a position I cannot get out of on my own,
 - **I try to be very mindful of what I'm doing. Movements can be so automatic and done without thinking, so I know I ALWAYS have to pay attention, not be in a hurry, and make sure my feet are grounded.**
 - I find that when I am not focused and/or moving too fast is sometimes (maybe even often) when I've had falls or near misses.
 - **I also try not to put off going to the bathroom so that I'm not rushing in order to prevent an "accident". I'm like a kid that doesn't want to stop playing to go to the bathroom. I want to finish the task(s) at hand and then go, but it is not worth it especially with an overactive bladder.**
 - I have also learned that when I do fall or end up in a position I cannot get out of, I should not spend too much time trying to get up on my own. Doing so ultimately ends up being lost time, wasted energy and increased (sometimes lasting) pain. I reminded myself of this recently when I had transferred onto the toilet but my right leg somehow ended up extended too far out in front of me and I could not pull it back towards me, nor could I get my upper body upright. I was in an extremely uncomfortable bent over position and even though my left hand was on a grab bar and my right hand on the power chair seat I could not push myself into an upright position. After a few attempts to right myself I ended up with my left hand on the ground and the other still on the power chair seat in order to maintain my position.
 - It was very awkward and became painful. I used both Alexa AND Siri to call my sister (who works from home) several times but she did not answer. So I gave up on that and called 911 using Siri. In the past I have overexerted myself and ended up having to call 911 anyway.

- In the past four years or so I have called for emergency assistance four times, once even from a restaurant bathroom after not being able to get off the toilet.
 - Previously, determined to manage on my own, I had been reluctant to call 911 but it got to the point where I could easily spend an hour working at getting myself off the floor.
 - I finally asked myself if the time and effort it took to get myself up was really worth trying to avoid a moment of deflated pride and/or embarrassment. I would later realize that when I did call 911, *those negative feelings were fleeting as sheer relief was what I ultimately felt.*
- Each time I've called 911 and explained my emergency, it is the fire department that responds (with at least four to five firemen, although it seems like more). I always found the responders to be kind, patient and professional. They got me up, assisted with dressing or covering me up if needed, checked my vitals when appropriate, and ensured my safety and well-being prior to leaving. **And yes, (see below) they put the bedroom window back in place.**

Some things I learned along the way:

- -Make sure to have a way for emergency responders to get into your home if/when you are home alone BEFORE you need to call them.
 - During my first call to 911, one of the firemen had to gain access **through my closed AND latched bedroom window** by somehow lifting it out of the window frame. 😬
 - After this incident I installed a keypad at the garage and a keyless entry door lock to the door going into the house from the garage. This would allow me to provide a key code for both doors to anyone I may need to call for assistance in the future.
- -Have more than one back-up plan.
 - I have at least two ways to make hands free calls from my bathroom and my bedroom using my cell phone, Echo Dot and/or Google Home devices.
 - In addition, as a result of my sister having missed my most recent call to her for help, I also set up a visual alert system in her (at home) pet grooming salon. Using two strategically placed small strobe lights (found on Amazon) plugged into smart plugs, I can now tell the Echo Dot or Google device to "turn the salon on" and both strobe lights will come on shining different colors with movement on the salon walls.

More great sharing....

From **Leah Mitchell**. ONLY USE IF YOU HAVE THE CAPABILITIES TO SAFELY DO SO... IT CAN BE WOBBLY AND TENUOUS TO USE. That being said, Leah shares it works well for her.

I use a self inflating camp/guest bed (the kind that plugs into a socket). This is stored in a cupboard at floor level, if I fall I can shuffle to that cupboard, get the bed, I roll it out, plug it in, lay on top and turn it on, it inflates in less than one minute with me on top and provides a higher base for me to then get up from. I've also used my inflating bath seat before, but the bed method is an affordable method that's easier to get out than the bath seat (which uses a very heavy battery).

Cheryl Presson also shared the above method, which works well for her. She also shares once when she fell in the backyard after a snow storm. She was able to procure a broom, then leverage the broomstick to aid her in getting up. SHE STRONG RECOMMENDS not to go out in bad weather, with poor balance and weak legs. Cheryl was able to help her mom recover from a fall in the bathroom, by having her mom hold on and hug the toilet, which in turn helped her to pull herself up to a standing position.

Jeff Anderson- When I fall due to excessive speed and lack of attention.... This is what I do to get up. I put my WC foot rest down as far as it will go, then I tilt the seat forward as far as I can , then I scoot up on the footrest, and use the seat elevation function and seat tilt for extra height... as I am 6'1". And I lift myself up. My wife can also help me up with this function. *I actually want to give her credit for this maneuver!*

Here is a video from The Aging Games... probably not very practical for us... but it is worth being aware of https://www.instagram.com/reel/CwzfXBBNpO8/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==

An aha moment...

Lori Brant shared an essay on making a difficult decision... an important and valid decision for so many of us:

“Man, I am tired. It has been such a long day.”

I hate having to concentrate on each and every step, making sure I’m taking my time, lifting my foot placing it securely in front of me and regaining my balance each time while I fiercely grip the handles of my walker. My stressful thoughts are jumping in, between, each, next step.

In my mind, I imagine people looking, wondering what is wrong with me and how grateful they are that they are not me.

These thoughts keep jamming their way into my head.

I want to be the woman that walks.

I want you, to feel comfortable when you meet me, to see ME and not the walker.

I want to be a powerful mother, the vivacious, outgoing friend you knew and the free-spirited woman my husband married.

I want everything to change. My body, this disease, my stress, my relationships, other people.

And then it happens.

My toe catches the rug, creating enough resistance, for me to lose my balance and fall forward, my upper body hovering over the top of the walker and my hands desperately holding on, sandwiched between the handles of the walker and the weight of body pressing down on them.

I don’t have the strength to straighten myself up.

Wow. Here I thought I was going to walk down the hallway and enter my condo like I usually did but instead, this. Wow. Who knew? What an adventure.

There were two ways to walk down the hallway, but now, there is a third! Wow. Who knew?
This third way was to walk part way.

Right now, I'm this. A woman bent over, hugging a walker in a hallway with no one around.

Now what?

I make a fruitless attempt to straighten. That's not happening.

I consider my options. I glance ahead at my condo door 5 feet ahead. Even if I shimmy over there, I won't be able to release the grip on the walker to turn the door knob. That won't work.

I could fall to the ground and try to open the door that way, but I'm afraid I won't be able to reach.

I can't believe this is happening to me. This is so embarrassing.

I hear the faint dinging of my neighbour's dog tag. Maybe, if I can get close enough, I can knock the top of my head on his door and see if he can help me straighten up.

I don't want this.

I want to be the woman who walks, the woman I was, the woman you knew, the woman you hoped I'd be. Anything, but the woman bent over, hugging a walker in a hallway with no one around.

I've now managed to get close enough to my neighbour's unit and I rock slightly so that the top of my head gently taps his door. Their dog barks, and I'm relieved, he heard me.

But no one comes.

I suddenly realize that they probably did come, but looked out the peephole and didn't see anyone because I was bent over out of view.

Is this really happening?

So, I gently tap my head against the door again. The dog barks.

This time my neighbour answers while I'm staring at slippered feet, imagining his shocked and confused expression as he takes in what's before him. A woman bent over, hugging a walker in the hallway.

"Can you help me straighten up?" And he did.

That's it. I'm done. This is not working for me. I need to do something different.

I'm getting a wheelchair.

I don't care that you think I should keep walking, that I don't meet your projections of who you think I am or what I should be doing. I don't care that my brain is yelling at me to not do it, what will people think, your life will be over,.....

I am going to let go of the woman who walks, the woman I was, the woman you knew, the woman you hoped I'd be, the woman I hoped I'd be, and embrace and **love this woman**, *just as she is, right here, right now* . I'm going to love her all over, all of her, just as she is and choose to do whatever it takes to nurture and support her.

Soooo I got a wheelchair (mind blown action and sound!)

OMG. My whole world opened up. I could do what I wanted to do, go where I wanted to go. I no longer had to worry about falling, tripping, or getting tired.

All this mental space opened up. Instead of processing all these thoughts up here, swirling in my head, I could now tune into what was happening out here, around me and in me. *I became intimately engaged with life.*



What I had projected to be the worst possible thing that could happen, being bent over a walker, banging the top of my head on neighbour's door, turned out to be the best possible thing that could happen. Because, just like my neighbour looking out the peephole at a narrow view of all that was outside his door, I too couldn't see what was possible for me if I couldn't walk like everyone else.

It made me realize I had a choice. I could move through life, holding on for dear life, fearful of every step, bracing for impact OR, I could consider how what was happening, should be happening. That it's FOR me. An opportunity to grow and expand so I can be a more powerful, vivacious, outgoing, free spirited woman than I'd been in the past.

I had been living life with the narrow perception that this was the only way, walking at all costs until I couldn't any longer. Until, I had this crazy experience, and decided to get a wheelchair. I reinvented my future, of what was possible for myself by opening up to alternate possibilities of how to take my next step.

It took me being bent over a walker, banging the top of my head on neighbour's door, alone in a hallway to realize that there is always an alternate, positive, feel good way, to perceive what was going on. I was able to listen deeply to what I was thinking, feeling, what emotions were rising, how my body was reacting and could hear my inner wisdom.

All the time and energy I spent thinking about safety, and what needed to change for me to be happy, was now free, **free for me, to do me.**



Thanks for attending, sharing & learning from each other!

ADVICE TO OLD PEOPLE

Do not sit on the floor without a plan on how to get back up.

