



Falls are the leading cause of injury related hospitalizations among Canadian Seniors. It is estimated that one in three adults age 65 and older will have at least one fall each year. Sadly, every 6 minutes a senior in Canada is taken to the Emergency Department due to a fall.

Have you had one or more falls this year? When asked, many people answer “NO, but a silly thing happened...” which, when described, actually was a fall! Many people are hesitant to label the event as a fall.

A fall is defined as “an unexpected event where the person comes to rest on the ground, floor or lower level with or without an injury.”

Now that you know the definition of a fall...Have you had one or more falls this year? Not surprisingly, the most powerful predictor of a future fall is a history of falling. So, if you have fallen, you will want to learn how you can reduce the risk of the next fall from happening and prevent the injury that may result. A personal story.

On June 12, 2015, having been a beautiful June day, I decided to grab a cushion from my kitchen chair and go outside to enjoy the later sunshine of the day. As I reached for the cushion I grabbed nothing but instead landed on the floor with my back against a wooden antique filing cabinet. Not knowing what happened I looked down to see my left leg straight in front of me and my right leg buckled at the knee. I was unable to get up. I managed to reach up and pull down my “landline” phone but I was not able to decide who to call, I didn’t even think to call 9-1-1. I thought to myself it’s after five and the light is getting low, how am I going to be able to see the buttons on the phone. I managed to call my niece and luckily she was home. I told her I was on the floor and was unable to get up. She told me she would be right over and would call the ambulance. Within minutes I was at RUH with a broken leg. I moved from RUH to SCH to Parkridge where I have spent the past two months healing and learning to walk. I initially had a brace on my leg which made it difficult to get dressed and to even stand.



Bresch, Esther

I saw many other people using a walker and thought to myself I don’t think I will be able to do that but I will try. With sheer force of will and determination I have learned to walk and care for myself again. In retrospect the fall robbed me of a wonderful summer of growing things in my garden, watching the roses bloom and enjoying the comforts of my home and family. I have made many new friends and admire all of their determination. Esther B.

November is Fall Prevention Month. The Saskatoon Health Region has planned many activities to help you identify your risk of falling and provide you with tools to reduce that risk and the injury that may result.

A listing of local events and activities can be found on the Saskatoon Health Region website www.saskatoonhealthregion.ca (needs more detail where to find info)