Love your independence – falling over isn't fun

*Bev, 79*

I had a scooter when I was young and I can't resist trying these things out. These new ones they are terrible with their little wheels.

*Margarit, 76*

I just fell on the pavement. I didn't see the step and just fell over.

*Judy, 80*

I have lots of falls because I have a physical disability.

*Kay, 64*

At the bottom of the stairs there was a wooden sill and as I came down I smacked my head on the sill, split my head open and absolutely knocked myself out.

*Bev*

Anyway, I had a go on it and I went around and around in a small circle and turned the wheel too sharply. It got jammed and I came down on the concrete. I smashed my forehead and my nose. My glasses dug into the bridge of my nose and I bled profusely.

*Kay*

The next thing I knew was coming to with blood everywhere, a broken wrist and everything else.

[Subtitle] **How did it affect you?**

*Kay*

The whole experience was pretty horrendous actually. Six weeks out of my life really.

*Margarit*

I don't like to climb up on the ladder to get things down. I'm a bit more cautious now.

*Judy*

Two of my friends had broken wrists and another smashed her face when she’s fallen. And it's so sad for them, it takes such a long time for them to recover.

*Kay*

It is a very scary experience, y’know, and I didn't think it would knock my confidence like it did. I don't perceive myself as being vulnerable like that. I had one fall and I think I lost my confidence a lot. Even though I'm a fit and able person. I go to the gym all the time. I've done body building competitions. Invincible? Ahh, not so much, not so much.

[Subtitle] **What was your experience of the health system?**

*Kay*

That was very confusing. I wasn't sure what I needed to do to make sure I had everything I needed at home and things like that. If it hadn't been for my children I'm not too sure how I would have got through the system. There are lots of things you need to know and you have to find out and pretty quickly as well.

[Subtitle] **How important is your independence?**

*Bev*

Most important.

*Kay*

It's everything. It's my independence, it's who I am. It's the freedom to continue to be myself without having to live in a structured environment.

*Bob*

Extremely so, I really feel I must be independent.

*Joss*

I am very independent. I like to do what I like to do. Not be told.

*Margarit*

I like my independence. I'm healthy. I've got my family around, not far, but I like being on my own as well.

*Judy*

It's very important. Because I know where I’m going, I know how many back steps I've got and I know my space that I can operate in.

*Bev*

My father who died at age 90 was independent until almost the end. He worked in his garden and grew vegetables and that's exactly how I would like to follow.

**ENDS**

*Voices of the crew off screen.* That was great. Done. Wonderful.

*Judy*

I had no idea what I was coming into today.

*Bev*

Right.