2013: Robbin Riddle in her StanfordPDInfo mailing list  
[https://mailman.stanford.edu/mailman/listinfo/stanfordpdinfo](http://webmail.therapyinyourhome.net/hwebmail/services/go.php?url=https%3A%2F%2Fmailman.stanford.edu%2Fmailman%2Flistinfo%2Fstanfordpdinfo) sent the following observation. It’s worth a thought. She started with a quote from a New York Times article about what happens after a fall injury, and why some recover more quickly than others.   
  
"A group of researchers at Yale, closely following a group of 754 older adults for nearly 14 years, has monitored disability before and after a fall injury and found that recovery is more predictable than we might think. The big clue, obvious only in retrospect: People with only minor disabilities, or none, before the fall are far more likely to recover, either quickly or gradually. Among those already severely disabled, the prognosis is much more grim." Also, researchers learned that the most severe fall-related injury came from hip fractures.  
  
How would a patient's level of ability before a fall guide his/her treatment after a fall? A geriatrician said that for those with no disability before the fall, "you really want to be aggressive" with treatment. For those with greater disability before the fall, the chances of recovery are diminished. "Palliative care -- helpful in reducing the pain that often accompanies fall injuries -- might make more sense, while extended physical therapy might be of little help."  
  
I wonder if the person who had greater disability before the fall, and therefore a poor prognosis at recovering after the fall, would be willing to accept palliative care, rather than extended PT. And I wonder if that person's family would accept the poor prognosis...?

Now go back and read the other information in the Hope and Empowerment section of the website for Therapy In Your Home – OT, PT, ST: To quote Anne L Friedlander, PhD at Stanford, in  her Exercise and Brain Symposium on Physical Activity, **Our goal is that you arrive at old age physically fit, mentally alert, financially secure and gracefully dependent.** (I may have added that last criteria myself after talking with Dr. McCullough, M.D. at Dartmouth, who wrote “My Mother, Your Mother”).

To reach this goal, we encourage you to be realistic about your health, resources, habits and values, and also to advocate for yourself, given your health, resources, habits and values.