

Balance & Fall Notes

Prepared for Eleanor Whitfield

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5 notes from June 9, 2026 to August 29, 2026.

Dizzy or off balance, Tuesday, June 9, 2026 at 7:40 AM

Where	Living Room
Doing	Getting up from a chair or bed
Lighting	Bright daylight or main lights
How it felt	Unhurt, feeling fine
Note	Got up from the sofa to answer the door. The room swam for a few seconds. Sat back down until it passed.

Caught myself, Saturday, June 27, 2026 at 9:15 PM

Where	Stairs
Doing	Carrying an item
Lighting	Dim light or nightlight
How it felt	Unhurt, feeling fine
Note	Coming down with the laundry basket. Missed the last step and caught the rail.

Dizzy or off balance, Saturday, July 18, 2026 at 6:50 AM

Where	Bedroom
Doing	Getting up from a chair or bed
Lighting	Dim light or nightlight
How it felt	Unhurt, feeling fine
Note	Dizzy for a moment when I first stood up. Held on to the dresser.

Caught myself, Tuesday, August 11, 2026 at 9:30 PM

Where	Outside or Porch
Doing	Normal walking around
Lighting	Dark
How it felt	Sore or stiff
Note	Mom told me about this when I called. Biscuit was underfoot on the back steps and she grabbed the door frame. Her wrist was sore the next day.

Recorded by a family member

Fall, Saturday, August 29, 2026 at 8:05 AM

Where	Kitchen
Doing	Reaching high or bending down
Lighting	Bright daylight or main lights
Getting up	On my own
How it felt	Bruised
Note	Reaching for the colander on the top shelf. Stepped back off the stool and sat down hard. Got up by myself using the counter. Bruise on my left hip.

These notes are what was recorded in SeniorThrive, in the words chosen at the time.

IMPORTANT MEDICAL DISCLAIMER

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