

Hints and tips on what to do if you fall

- > If you fall, it is important that you take a few moments to gather your thoughts and assess the situation. Gently move your arms and legs to see if you are injured.
- > If you are not seriously injured and are feeling able, attempt to try and get up off the floor.



Step 1

Crawl towards a sturdy chair or solid piece of furniture



Step 2

Hold on firmly and attempt to kneel with the foot of your stronger leg forwards so it's flat to the floor



Step 3

Push up to stand, leading with your strongest leg where possible



Step 4

Turn and sit down and rest

- > If you fall and you are injured or unable to get up, attempt to summon help and keep yourself comfortable and warm until help arrives.
- > **SUMMON HELP** – Shout, bang something, such as a walking stick, against the wall and floor; try and get to the phone (keep useful numbers handy or store them in the phones memory); carry a whistle to blow loudly to attract attention; carry a mobile or cordless phone in your pocket.

If you have an Alarm System, use it to summon help. You can press your pendant (pictured left). If you have a fall detector (pictured right), this is designed to send a signal to the base unit if you have fallen.



- > **KEEP WARM** – Cover yourself with anything to hand (a blanket/rug/jacket etc). Generate some body heat by gently moving your arms and legs.

- > **GET COMFORTABLE** – Where possible, move to a softer floor surface, such as carpet, and put a cushion, pillow or rolled up clothing under your head.

- > **KEEP MOVING** – Try changing position regularly to keep warm and avoid becoming sore. If possible, move your arms and legs and roll from side to side to help your circulation and stop the joints from becoming stiff.

- > **PLAN AHEAD** – Take time to consider what you would do if you fell: how you would summon help, keep warm, etc?

Things to think about to help prevent falls:

- > **Exercise-** Regular physical activity can help strengthen leg muscles and improve balance and coordination. Try to build exercise into your daily routine and reduce the amount of time sitting and being inactive. If you are fitter and stronger, you are less likely to have a fall.

- > **Get medication checked-** Your risk of falls increases the more medicines that you take. In some cases, a single medicine may increase your risk of falls, or it may be the interaction of a number of your medicines. Seek advice from your pharmacist if you start to experience falls or unsteadiness, or if it becomes more of a problem for you after a change is made to your medication.

- > **Footwear-** Ensure your footwear is well fitted and check the shoe has good depth and width at the toes to allow for natural spread of the toes when you stand up. Choose your footwear so it is correct for the activity you are doing. If your footwear has no support around the heel or an open toe, your foot may slide around or slip out of the shoe when you are walking, causing instability and falls.