

What Do I Do If I Fall?

TRY TO RELAX. TAKE DEEP BREATHS AND REMEMBER TO STAY CALM.

ARE YOU ABLE TO SAFELY GET UP?

DO YOU HAVE AN INJURY?

STEP 1

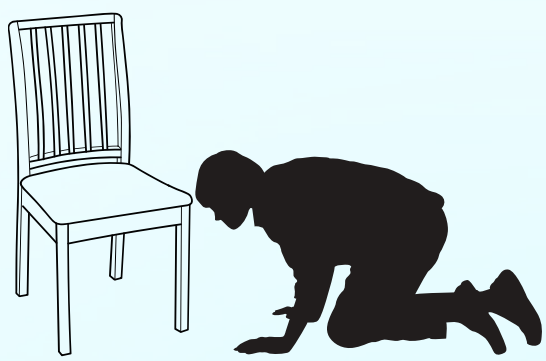


Roll yourself onto your side and push up into a sitting position.

DO NOT TRY TO GET UP

To avoid further injury, do not try to get up. Instead, put yourself in the most comfortable position for you and wait for help.

STEP 2



Bring yourself onto your hands and knees and crawl to the nearest stable piece of furniture (bed, chair, table, etc).

CALL FOR HELP

- If possible, call 911
- Make noise! Call out for help
- Use an emergency call device if you have one

STEP 3

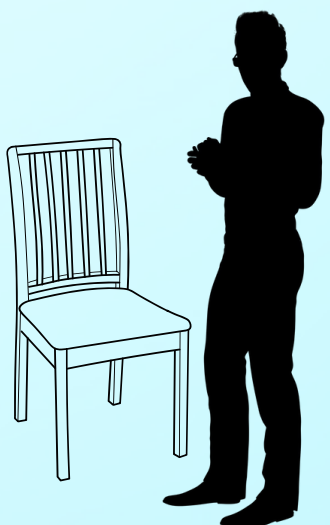


Place your hands on the stable piece of furniture's surface, then bring one foot forward and place it flat on the floor in front of you.

STAY WARM

- Try to move away from any wet spots
- If you can, place a pillow under your head
- Cover up using whatever is available to you (bedding, coat, tablecloth, etc)

STEP 4



Lean forward and push your body up with your other leg, then take a moment to rest and report your fall to your health care provider.

SAFE MOVEMENT

If you can, try to gently move your arms and legs to keep your blood flowing and to prevent your joints from getting stiff.

PREPARATION IS KEY!

- Practice "getting up from a fall" before one happens
- Have a safety plan in place in the event of a fall (knowing what to do)
- Ensure you have a charged cordless or mobile phone with you at all times
- Have/Find a daily check-in buddy