

## What should I do if I Fall at Home?

- ✓ Don't panic.
- ✓ Stay Calm, remain positive and assess the situation.
- ✓ Decide whether you can get up safely or need help.

## Can I Get Up Safely?

### Yes

- **Roll onto your side and push up to sit.**
- **Use stable furniture to help yourself sit up. (see pictures over page)**
- **Stand up slowly and safely.**
- **Tell your GP about the fall.**

### No

- **Get somebody's attention.**
  - ❖ Press your pendent alarm.
  - ❖ Make a loud noise (carry a whistle).
  - ❖ Try and reach for the phone.
  - ❖ Use Alexa or Nest to call for help.
- **Use pillows or blankets within reach to stay comfortable and warm.**
- **Move arms and legs gently to help circulation and to avoid stiffness and pressure sores.**
- **Once help has arrived tell your GP about the fall.**

## HOW CAN I GET UP OFF THE FLOOR?

### Using my knees

- 1** Turn onto your back



- 2** Roll onto your side



- 3** Push onto your hands



- 4** Push up onto your hands and knees



- 5** Kneel, using stable furniture to steady yourself



- 6** Place your strongest leg forward



- 7** Stand up



- 8** Turn slowly



- 9** Sit down. Rest and tell someone you have fallen



## HOW CAN I GET UP OFF THE FLOOR?

### Using my arms

- 1** Turn onto your back



- 2** Roll onto your side



- 3** Push onto your hands



- 4** Prop yourself up with both arms behind you



- 5** Use a cushion (or other low sturdy object) as a low seat



- 6** Lift bottom back onto cushion



- 7** Push as far back as possible



- 8** Lift bottom back onto chair



- 9** Sit down. Rest and tell someone you have fallen

