

WHAT TO DO IF YOU FALL

PLAN OF ACTION

1. Rest. Falling is a shock
2. Think about your next move
3. **Are you hurt or unable to get up?**

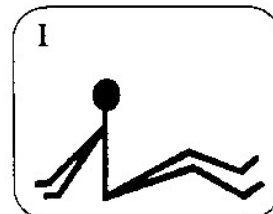
IF YES

Plan One – Comfort plan

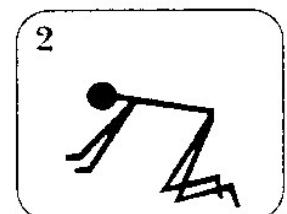
1. **Attract attention**
 - a) Use your call alarm
 - b) Try to shuffle to the phone
 - c) Bang on the wall or floor or use a stick to wave at the window
 - d) Shout for help
2. **Keep warm**
Use bedding, coat or tablecloth to cover your feet and legs.
3. **Keep moving – this helps to relieve pressure areas. Keep your feet and hands moving to help circulation.**
4. **Bladder control**
If your bladder “let’s go” while you are on the floor, move away from the damp area.

IF NO

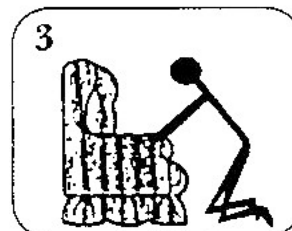
Plan Two – Get up from the floor



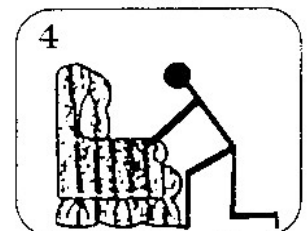
- Roll onto your side
- Push up into sitting



- Turn onto your hand and knees
- Crawl to the nearest suitable furniture, (e.g., bed, chair, stool)



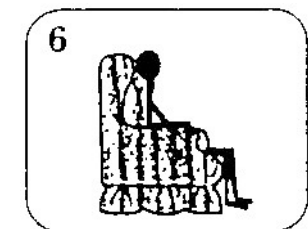
- Place your hands on the surface.



- Place one foot flat on the floor.



- Lean forward and push up onto the forward leg and into standing.



- Sit, rest, then tell someone you have fallen.