I have had a fall

I can get up

Ease yourself up onto your elbows

Move onto your hands and knees

Facing the chair ease yourself to a standing position

Hold onto a firm surface to support you

Turn yourself gently and sit on a firm surface

Tell your G.P. or Health Professional about your fall

I can’t get up

Can I attract attention?
• Shout and bang something
• Press your pendant alarm
• Use the telephone if you can

Can I get comfortable?
Find a nearby pillow
• Cushion • Rolled up item of clothing to put under your head

Can I keep warm?
Cover yourself with clothing,
• Tablecloth
• Rug

Can I keep moving?
• Move position to avoid getting pressure sores • Move joints to avoid stiffness and help circulation • Roll away from a damp area if your bladder “Let’s go”