Anyone can have a fall but it can be more serious for an older person or someone living alone.

This leaflet gives practical advice for what to do if you have a fall, and ways to plan ahead to make things better.

It’s not nice to think about having a fall, but planning ahead means you can cope better if it does happen.

Simply arranging things carefully and planning what you could do will greatly improve your chances of getting help quickly and aiding recovery.

- Read the poster inside this leaflet and make sure you know what to do.
- Think how you would apply the instructions in your own home, and in different rooms.

Plan ahead by having useful items placed where you can reach them from the floor.

For Getting Help
- Keep a telephone at a low level that you could get to and reach.
- If you have an alarm call, make sure it is within reach and working.
- Keep other items at hand, according to the instructions, e.g. a walking stick.

Above all it is important to stay calm and comfortable until help arrives.

Simply by having a plan you will feel more in control and therefore more relaxed.

For Keeping Warm
Keep items ready such as blankets and pillows.
Think what else you could use in an emergency, e.g.:
- Tablecloths
- Rugs
- Clothes and coats

A practical guide for how to get up or stay comfortable and how to get help.
**I have had a fall**

**I can get up**

- Move onto your hands and knees
- Facing the chair ease yourself to a standing position
- Ease yourself up onto your elbows
- Turn yourself gently and sit on a firm surface

**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 “Lets go”

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