

In Case of a Fall

Whether at home or somewhere else, a sudden fall can be startling and upsetting.

After a fall, tell the consumer to:

- Stay as calm as possible.
- Take several deep breaths to try to relax.
- Remain still on the floor or ground for a few moments.
 - o This will help get over the shock of falling.
 - o It will allow time to decide if there is an injury before getting up.
 - o Getting up too quickly or in the wrong way could make an injury worse.
- To get up safely without help.
 - o Roll over onto a side.
 - o Push into a seated position.
 - o Rest to let blood pressure adjust.
 - o Slowly get up on hands and knees, and crawl to a sturdy chair.
 - o Put hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor.
 - o From this kneeling position, slowly rise and turn to sit in the chair.
- If there is an injury or the person cannot get up on his own:
 - o Ask someone for help or call 911.
 - o If alone, try to get into a comfortable position and wait for help to arrive.
- If a consumer has problems with balance or dizziness and are often alone, consider getting a personal emergency response system.
 - o This service is through the telephone line and provides a button or bracelet to wear at all times in the home.
 - o If the consumer falls or needs emergency assistance for any reason, a push of the button will alert the service.
 - o Emergency medical services will be called. There is a fee for medical monitoring services.



- Carry a portable phone.
 - o Keep it nearby as they move about the house to make it easier to call someone if assistance is needed.
 - o You may also put a telephone in a place that can be reached from the floor in case of a fall and help is needed.

Any fall should be reported to the doctor. Write down information about when, where, and how the fall occurred so it can be discussed with the doctor. The doctor can assess whether a medical issue or other cause of the fall needs to be addressed. Knowing the cause can help plan to prevent future falls.

Adapted from “Falls,” U.S. National Library of Medicine. Retrieved from <http://www.nlm.nih.gov/medlineplus/falls.html>. October 2013.