

ANYONE CAN FALL

Prevent it from happening to you

What to do if someone falls?

While everyone should take steps to prevent falls and related injuries, it is also important to know what to do if someone falls. Whether a fall happens to you or someone else, falls can affect an older adult's ability to live well.

Before Trying to Get Up

- Catch your breath. Take your time. Remain calm.
- Complete a head-to-toe scan of your body. Do you see any injuries? Feel any discomfort? If you are injured, feel discomfort, or are unable to get up:
  - Call out for help. Make any noise to attract attention.
  - Use an emergency call device or a telephone to ask for help.
  - Wait for assistance to arrive. Place yourself in the most comfortable position you can. Try to remain warm and calm.
- If you are not injured, refer to the section "How to Get Up from a Fall"

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance NOVA SCOTIA Trauma NB

How to Get Up from a Fall

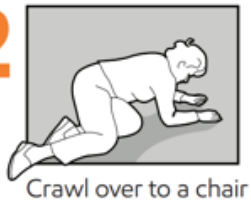
In the event you are by yourself and you ARE NOT injured, follow these steps to safely get up:

1



Roll onto your side.

2



Crawl over to a chair or sturdy piece of furniture.

3



From a kneeling position, put your arms up onto the seat of the chair.

4



Bring one knee forward. Place that foot on the floor.

5



Push up with your arms and legs. Pivot your bottom around.

6



Sit down. Rest before trying to move.

Take as much time as you need in between steps.

After Getting Up

- Whether you have fallen yourself or you have seen someone else fall, never underestimate the seriousness of a fall and the potential harm it may have caused.
- Older adults should see a health care professional as quickly as possible if they have fallen. Health care professionals can assess the situation. They will also determine if the fall may have resulted from an illness, medication issue, or another factor.
- Fall-related injuries are not always immediately noticeable. Take your time to monitor the situation. Some issues may only appear after a few hours or days.
- Ask family, friends, caregivers, health care provider and other health care professionals to help develop a personal plan to help prevent another fall.

SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

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