

## Therapy Department

# What to do if you Fall at Home

### Don't Panic

You will probably feel a little shaken, take some deep breaths and try to stay calm.

### Assess the situation

If you are unhurt, and know you are able to get up, follow the Up and About Plan.

If you are hurt or feel unable to get up, follow the Rest and Wait Plan.

### See your doctor

All falls are potentially serious and you should see your doctor afterwards.

## Rest and Wait Plan

### Try to summon help

Use a pendant alarm if you have one, bang on the wall, call out for help, or crawl towards your telephone (it may help to keep it at a low height, but not so low that you struggle to reach it from standing).

### Move to a soft surface

If you have fallen on a hard floor try to move to a carpeted area.

### Keep warm

Try to reach for something to cover yourself with and move yourself out of draughts.

### Keep moving

Do not lie in one position for too long, as you may get cold and suffer from pressure sores. Roll from side to side and move arms and legs if possible. If you need to empty your bladder while on the floor use a newspaper or item of clothing to soak up the wet, and then move away from the wet area.



## Up and About Plan

### Step One

Roll onto your hands and knees, and crawl to a stable piece of furniture such as a bed, stool or chair.



### Step Two

With your hands on the support, place one foot flat on the floor, bending your knee in front of your tummy.



### Step Three

Lean forwards and push on your hands until you bring the other foot beside the first.



### Step Four

Turn and sit on the chair, Remember to rest for a while before getting up.



Patient Information

## Useful Resources

### Age UK

[www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/](http://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/)

0800 169 8787

### Fall Check

App for patients and carers to reduce home hazards.

<https://Cele.coventry.ac.uk/fallcheck/>

### NHS Choices

<https://www.nhs.uk/conditions/falls/>

### Chartered Society of Physiotherapy

<https://www.csp.org.uk/conditions/falls-and-fractures>

### Royal College of Occupational Therapy

<https://www.rcot.co.uk/news/avoid-fall-during-snowfall>

### See your doctor

All falls are potentially serious and you should see your doctor.

Your GP can give you further guidance.

## Contact us

University Hospital Coventry

024 7696 4000

Compliments and concerns

0800 028 4203

[feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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#### Document History

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