

Therapy

What to do if you fall at home

You may feel a little shaken. Take some deep breaths and try to stay calm.

If you are unhurt and know you can get up, follow the Up and about plan.

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

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

Rest and wait plan

Try to get 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.



Patient Information

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.



Patient Information

Step Four

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



Useful Resources

Age UK

www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/ 0800 169 8787

AskSARA

[Warwickshire County Council - AskSARA \(livingmadeeasy.org.uk\)](http://livingmadeeasy.org.uk)

For impartial advice about equipment to make daily living easier

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

Your GP can give you further guidance.

All the images have been taken within the Trust.

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 01788 6633444 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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