

# I have had a fall

*I can get up*

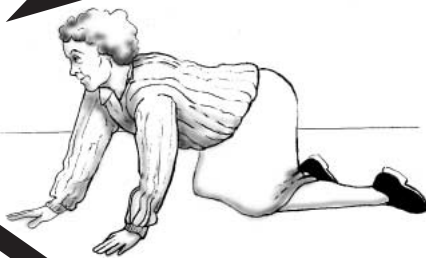


*I can't get up*

**Ease your self up onto your elbows**



**Move onto your hands and knees**



**Hold onto a firm surface to support you**



**Facing the chair ease yourself to a standing position**

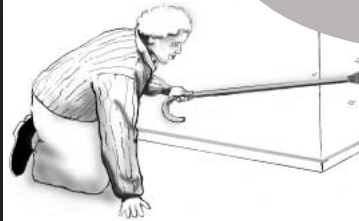


**Turn yourself gently and sit on a firm surface**



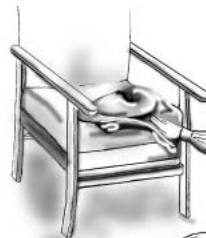
**Can I attract attention?**

- Shout and bang something
- Press your pendent alarm
- Use the telephone if you can



**Can I get comfortable?**

- Find a near by
- 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**