

I have had a fall

I can get up

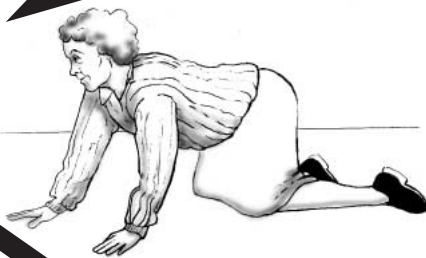


I can't get up

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

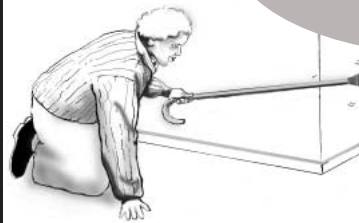


Turn yourself gently and sit on a firm surface



Can I attract attention?

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



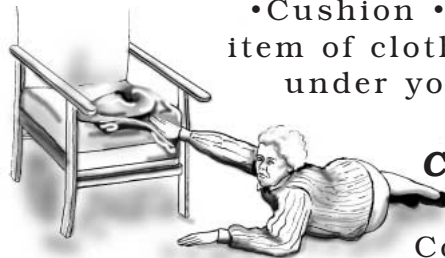
Can I get comfortable?

- 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