

Preparing for and Recovering from a Fall

Part 1: Emergency Preparedness

Falls can happen to anyone, but being prepared helps keep you safe and confident.

- ▶ Create an Emergency Contact List – Post it on the fridge, keep one by the phone, and in your wallet.
- ▶ Use Emergency Alert Devices – Wear a button, bracelet, or smartwatch with fall detection.
- ▶ Keep Communication Within reach – Carry your phone or use voice assistants to call for help.
- ▶ Make your home safer – Remove clutter, and night-lights, and install grab bars.
- ▶ Establish a check-in routine – Arrange daily calls or texts with family or friends.
- ▶ Keep Medical information handy – Medications, allergies, condition in an easy-to-find place.
- ▶ Practice the recovery steps – Review how to get up from the floor with a caregiver.
- ▶ Know when not to get up – If you feel pain, dizziness, or think you are injured, call for help.

Part 2: Steps to Safely Get Up After a Fall

If you find yourself on the floor, stay calm. Follow these steps:

- ▶ Pause and Check yourself-- Stay still. Do you feel pain or dizziness? If yes, call for help.
- ▶ Roll to your side – Bend your knees, roll gently, and rest a moment.
- ▶ Move onto hands and knees – Push up slowly with your arms.
- ▶ Crawl to a sturdy surface – Head toward a strong chair, table, or couch.
- ▶ Kneel and place hands on furniture – Bring one foot forward so you are half kneeling.
- ▶ Rise slowly – Push with hands and legs until standing.
- ▶ Sit and rest – Move to a chair, breathe, and check how you feel.

Part 3: Simple Routine to Prepare Your Body

Practice these movements daily to build strength and confidence.

- ▶ Chair sit-to-stand – Stand up and sit down lowly 5-10 times.
- ▶ Gentle side reaches – Stretch one arm overhead, then the other.
- ▶ Hands-and-knees practice – Safely practice getting on all fours.
- ▶ Supported kneeling – Move from kneeling to standing using a chair for support.
- ▶ Balance hold – Hold one foot off the ground near a counter for 5-10 seconds.

Closing Reminder

By preparing ahead, knowing how to get up safely, and practicing gentle movements, you'll feel confident and ready. Move slowly, stay calm, and call for help if needed.