

Actions

- Develop a falls plan for your home. Take some time to consider what you could use to assist if you fell in different rooms of your home, or in the garden.
- Think about how you would call for help if you cannot get up.
- Let your therapist know if you would like further information from your local council on lifelines.
- Let your therapist know if you would like a Lion's pot that can be kept in your fridge to allow emergency services and professionals know your key personal and medical information.

Further information:

The following link is to a video produced by Leicester, Leicestershire and Rutland (LLR) Falls Prevention Group. Our service was involved. The video includes a demonstration of exercises, gait and how to get up off the floor after a fall

<https://www.youtube.com/watch?v=4PR9GedBrZY>

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask our staff or email:

llrct.services@nhs.net

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Managing following a fall

It is not always possible to prevent every fall, and it is important to know how to manage if you were to fall. Would you be able to get up, or would you be able to summon help?

Can you get up?

- Initially take a moment, get your breathing and heart rate under control and give yourself time to consider if you are injured.
- Even if you feel like you can't move, start with your hand, wrist and arm, and start moving all the parts of your body; it will help to reassure you that you are ok and that you can move.
- Decide if you want to try and get up.

If you feel you CAN get up

See diagram provided from the Chartered Society of Physiotherapists on how to get up off the floor:

https://www.csp.org.uk/system/files/publication_files/001728_Fall%20Proof%21_A4%20Download_V3.pdf

Your therapist can talk through it with you and look at suitable places to do this and alternatives if needed.

Community

Falls Prevention Service
Legion House, South Street

Ashby de la Zouch
Leicestershire. LE65 1BQ

www.leicspart.nhs.uk

Email: ipt.feedback@nhs.net

If you feel you CANNOT get up

It is worth considering how you would call for help if you are alone at home. Shouting takes a lot of energy and if alone it is unlikely you will be heard. It is important to have something available wherever you are.

Life lines/personal alarms

- Bracelet or pendant that you can wear with a button to press to summon help.
- There is often a charge but this varies. Private schemes and local council schemes available.
- You need to provide details of family or friends who can be contacted to assist or your call can be managed at a call centre.
- It's ok if you press it by accident.
- Test it regularly to check the battery is still working.
- It only works if you wear it and it only works in your home and garden (dependent on the size).



Mobile phones - think.....

- Could you use it in a panic?
- Is it ALWAYS on you?
- Is it charged and switched on.

There are different types of phones available, some with emergency buttons that you can press easily. Might be worth considering if you often complete activities away from home.

Key safe

- A small box with a key code screwed to outside of property.
- Holds a key for use in emergencies.
- You decide who has the code.
- Don't leave keys in the doors or chain on otherwise help may not be able to get in.
- Good to have to use in conjunction with lifeline.

If you have to wait for help:

If you can - regularly reposition yourself and move from any wet area. This will help protect your skin.

Should you let someone help you up?

- Not unless you are confident they can help you without injuring you.
- Best practice is that someone helps you to get up yourself e.g. bring a chair over and talk you through it.
- Do not let people pull you up by your arms or underarms as this can cause serious injury to the shoulders.
- You could both end up on the floor or both injured.
- **Call the paramedics if needed** – they don't mind and they won't always take you to hospital if they do not feel you need to go for further assessment.

Always contact your family or carer and inform you GP if you have a fall.