

Falls are no laughing matter

Factsheet 16a - 29 May 2009 (3 Pages)

Falls can lead to...

Injury, reduced quality of life, reduced mobility and loss of independence.

You are more at risk of a fall if you have...

- **fallen before**
- **take 4 or more medicines**
- **had a Stroke or have Parkinson's Disease**
- **a problem with your balance**
- **difficulty getting up from a dining chair without using your arms.**

Every 5 hours an older person dies as a result of a fall in the UK.

Every day 22 people in Devon call an ambulance due to a fall.

Help and advice on prevention is available from:

- **your GP, Health Visitor, District Nurse or Therapist**

- Care Direct tel: 0845 1551007
- NHS Direct tel: 0845 4647
- Adult & Community Services website: www.devon.gov.uk/falls

If you have a fall – don't panic

Call for help – try to shout, bang on the wall or crawl to the phone.

Assess the situation – decide if you can get up.

If you think you can get up...

- 1. Roll onto your hands and knees.**
- 2. Crawl to a stable piece of furniture such as a bed or chair.**
- 3. Place your hands on the bed or chair for support.**
- 4. Place one foot flat on the floor bending your knee in front of your tummy.**
- 5. Lean forward. Push onto your hands until you bring the other foot beside the first.**
- 6. Turn and sit on the bed or chair.**
- 7. Rest for a while before getting up.**

If you are hurt and think you can't get up...

- 1. Rest and wait.**
- 2. Move to a safe surface such as a carpeted area.**
- 3. Keep warm and move out of draughts.**
- 4. Keep moving – try to move your arms and legs and roll from side to side if you can.**
- 5. Continue to call for help.**

After any fall, report it to your GP and seek medical attention.

For further information and advice on how to reduce risks in your home see our factsheets: FS16b – Keeping well and safe at home and FS16c – Are you safe at home?

Further factsheets can be found online at

www.devon.gov.uk/factsheets

**If you have any further questions please contact Care Direct
0845 1551 007**

If you would like this factsheet in a different format such as Braille or audio, or in a different language, please contact our Customer Service Centre on 0845 155 1015 or email customer@devon.gov.uk.

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