

## Health check

Encourage the person to contact their GP practice if

- they blacked out, were dizzy before they fell, or found themselves on the floor and didn't know why
- an injury appears later
- they struggle to recover after the fall
- they're unsteady on their feet, or fall again

## The person could fall when you're not there

Talk to the person about what they can do to call for help when they're alone:

- a mobile phone – it needs to be charged, switched on, and kept with them
- wearing a community alarm
- if they have a smart device like Alexa or Google Home, set it up to ring someone who can come to help

## Prevention

Falls are not an inevitable part of ageing. There are many ways to prevent falling.

# To find out more

Go to [NHSinform.scot](https://www.nhs.uk/inform/scot) and search for **Falls** and for **Telecare Self-Check Online Tool**

Call the Age Scotland helpline **0800 12 44 222** and ask for a Falls booklet

# What To Do If Someone Falls

**First, stay calm. Don't rush.**

**It can take a few minutes to feel pain from injuries.**

**Reassure them, and assess the situation together, before you act.**

## If they're injured, get help

- If you're not sure, call 111
- If they've hit their head, hurt their back, neck or hip - or you're worried they're injured or ill - call 999
- While waiting for help, keep them comfortable and warm, and make sure they have water to drink

## Don't lift them

Don't try to lift them up yourself. Unless you really know what you're doing, you could make things worse.

# Getting Up

If the person is **NOT** injured, but can't get up, they can use their community alarm to get help. Or call 111.

Or they may be able to **get themselves up**. You can help, by **talking them through** a safe way to do it. Remain calm and reassuring. Keep assessing the situation together, as you talk them through these **six steps**:



1. Roll on to your side



2. Push on to your hands



3. Push up on to your hands and knees to crawl



4. Side on to solid furniture – strongest leg next to it – foot flat on ground



5. Push up and turn slowly



6. Rest – and check for injury again

To see videos about how to talk someone up, and how to get yourself up go to [NHSinform.scot](https://www.nhs.uk/information-and-support/healthcare-professionals/older-people/older-people-and-falls/) and search for **Falls**