

IF YOU FALL, THINK **RAISE**



E - Evaluate.
Do you need to go to the doctor? Can you stand? If not, sit down, and rest before trying to move again.



S - Steady.
Steady yourself. With your strongest leg, push yourself up to a standing or sitting position, holding on to the sturdy object. Use both your arms and legs to pull yourself up.

R - Relax.
You might feel a rush of adrenaline. Good. You'll use that energy to help you get up.



DEVELOP A PLAN :

- Wear a **personal alarm** around your neck.
- Keep a **cell phone** with you at all times.
- Set up **quick dial numbers** on your phone.
- Carry a **whistle**.
- Have a friend or family member **call you daily** and leave them a **spare key**, so they can get to you quickly.
- Practice** getting up off the floor.

A - Assess.
Are you OK?
Are you feeling pain? Is there anything sturdy enough to hold on to close by? Is your cellphone in your pocket? Do you have an alarm pendant. Is anyone nearby?



I - Inch.
If there is something sturdy close by or a cellphone you can reach, **INCH** your way to it by crawling. Take your time.



IF YOU CAN'T GET UP

Don't panic. Try to stay warm. If injured, stay where you are.

Call for help: a. Make noise. Shout or bang on something.
b. Press your pendant alarm. c. Use the telephone if you can.

Get comfortable: a. Use a cushion or clothing as a pillow.
b. Use a tablecloth or rug as a blanket.

Let your doctor know that you have had a fall.

For more information
and resources, visit
www.safeforelders.com



Nlaka'pamux Nation
Tribal Council