

# IF YOU FALL, THINK **RAISE**

## **R** - Relax.

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



## **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?



## **E** - Evaluate.

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



## **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.



## **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.



## **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.

## **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](http://www.safeforelders.com)



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# What to do when you witness a fall...



**1**  
**Stay calm.** Keep the person calm as well. Instruct him/her to lie still. Check for injuries. Only try to get the person up if it can be done **safely**. **Do NOT** try to **lift** the person up.



**2**  
Tell the person to push up and rest on their elbows. If needed, help the person roll onto their side and then onto their elbows. Tell him/her to **remain still** for a moment to let their blood pressure adjust.



**3**  
Place a **sturdy chair** in front of the person. Instruct them to get on **all fours** in preparation for getting up. You may **guide** this motion but **do not** lift the person. If he/she has sore knees you can use a towel as a cushion.



**4**  
Help the person place their hands on the chair. Guide **one foot** forward and place it flat on the floor. One knee should still be on the ground.



**5**  
Instruct the person to **slowly** rise to a standing position by using the chair for support. Again, you can **support** and **assist** him/her but allow them to do most of the work. Tell them to pause and to keep their hands on the chair to allow their **blood pressure** to adjust.



**6**  
Have the person turn and **gently** lower themselves into the seat. Tell him/her to stay seated for a few minutes and assess how they feel. **Call for help** if you see fit. Let the individual's doctor know that they have had a fall.



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\*Adapted from Berkshire NHS Falls Prevention Services, UK - [www.bhps.org.uk/falls](http://www.bhps.org.uk/falls) and [health.gov.au](http://health.gov.au)