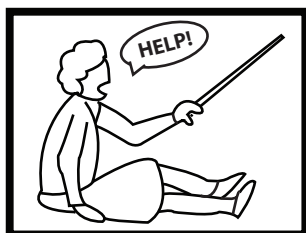
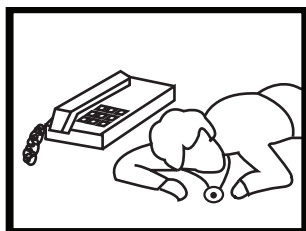


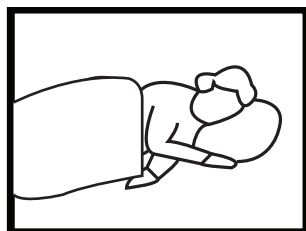
# What to do if you can't get up...



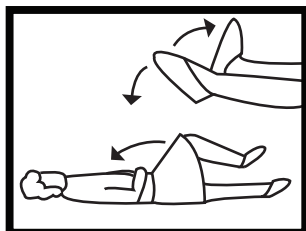
Attract attention.  
Bang on something



Use your personal alarm or telephone to call for help



Keep warm, cover with rugs, towels, tablecloth, blanket etc.



Move joints and try to change position.  
If your bladder 'lets go' move into a dry space

**Tell your GP about your fall.  
There may be a treatable cause.**

## Have a plan in case you fall

### How will I get help?

- Consider a personal alarm
- Carry a phone with you
- Programme contact numbers into your phone

### Can my helpers get in?

- Give a key to family or neighbours
- Consider a Keysafe

### Can I learn how to get up?

- Read this leaflet
- Keep it handy

### Are you unsteady on your feet?

- Contact your GP who will advise you and can refer you to community services which may improve your balance
- Keep active and stay positive
- Eat well and drink plenty of fluids

**HELP YOURSELF  
TO GOOD HEALTH**

Illustrations by Halcyon Mandelstam

This is a collaborative production between Suffolk PCT and West Suffolk Hospital NHS Trust and The Ipswich Hospital NHS Trust  
2008 SPCT ref:Comms/SPCT/110  
Graphics by Suffolk Support Services (NHS) April 2008

## 'What to do if I fall'



[www.fallsandfracturepreventioninsuffolk.nhs.uk](http://www.fallsandfracturepreventioninsuffolk.nhs.uk)

### How can I get up after falling?

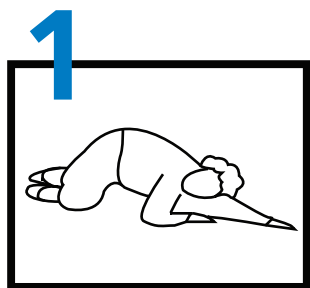
This leaflet gives you some useful tips on what to do if you fall.

- Keep this leaflet handy
- Have a plan

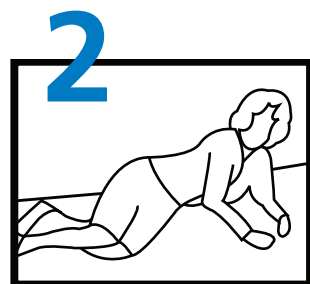




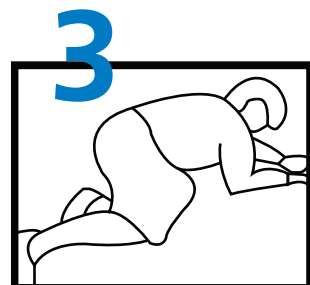
# What to do if you can get up... Stay calm at all times.



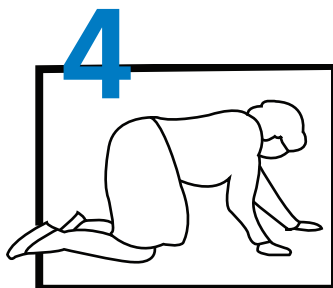
You have fallen over



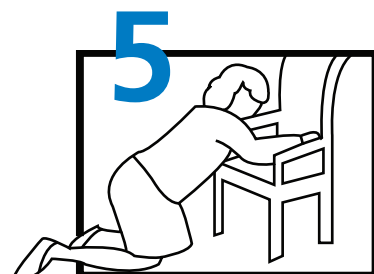
Ease onto your elbows



Push up on to your hands and knees



Crawl to stable furniture e.g. table or chair



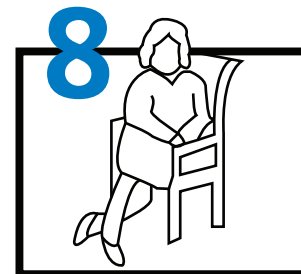
Place your arms on the chair



Place one foot forward and flat on the floor



Push up on your arms and legs, swing round to sit



Sit down. Rest before trying to move

**“Please do NOT attempt this if you have had a hip or knee replacement in the past six weeks, unless taught by your physiotherapist.”**

**Tell your GP about your fall. There may be a treatable cause.**