**What to do if you Fall**

* Try to stay calm and relaxed
* Try not to panic
* Relax and think about what you need to do rather than quickly trying to get up
* If you try to quickly get up, you can fall over again or hurt your self
* Check to see if you have hurt yourself before you try to get up
* If you can shout for help
* If You have one, use your alarm pendant
* If you are alone and have a mobile call for help
* If you can attempt to get on to your hands and your knees and make your way to some furniture or an object to pull yourself up

**If you can’t get up**

* If you can’t get up call for help, e.g. phone, shout, emergency pendant
* Stay warm and hydrated as possible
* Attempt to pull some cushions or using a blanket if at home
* If you pass urine on the floor, try to move away from it

Most of this is common sense, make sure you tell someone (a relative or friend) if you have had a minor fall or feel dizzy and weak, so you can receive more help, adjustments to your medication and necessary support.