

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** 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** and search for **Falls**