

For life's little 'ups and downs'..

(What to do if you have a tumble)



I can get up..



Ease yourself up onto your elbows



Move onto your hands and knees



Hold onto a firm surface to support yourself



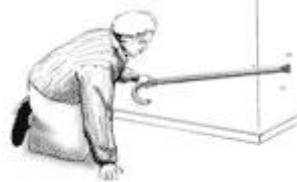
Facing the chair ease yourself to a standing position



Turn yourself gently and sit on a firm surface

I can't get up..

Can I attract attention?



Shout and bang something



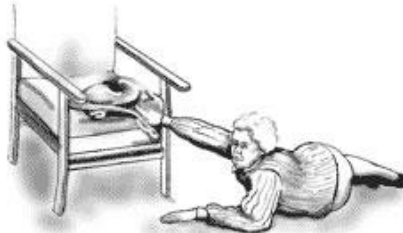
Press your pendant alarm or use the telephone if you can

Can I get comfortable?



Find a nearby pillow or cushion or use rolled up clothing for a pillow

Can I keep warm?



Cover yourself with clothing, tablecloth or rug

Can I keep moving?



Move position to avoid getting pressure sores



Move joints to avoid stiffness and help circulation

Roll away from damp area if your bladder "Let's go"

Always tell your GP or health professional about your fall