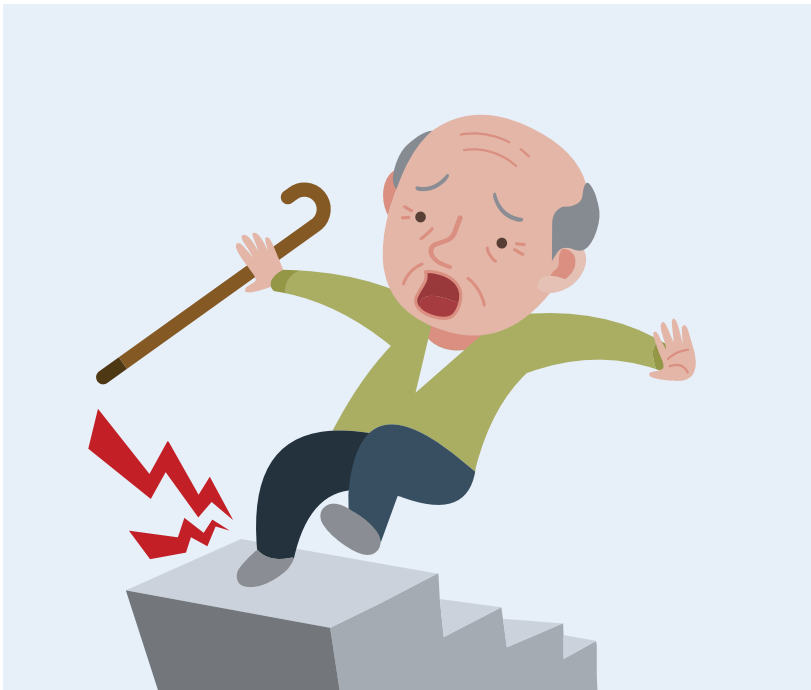


# Calvary Community Care Safety First

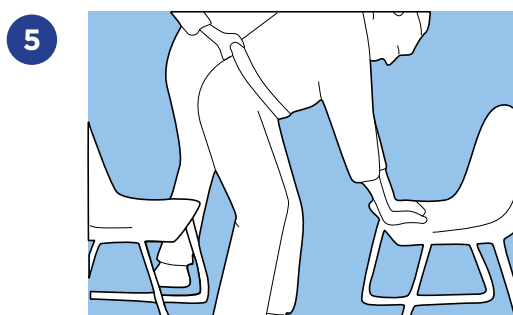
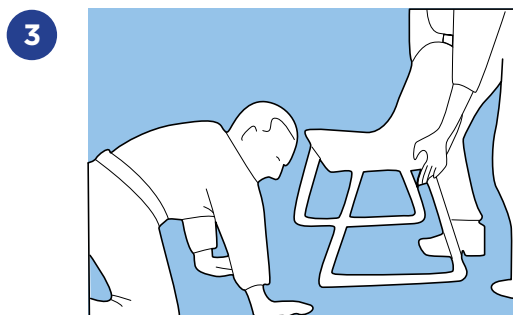
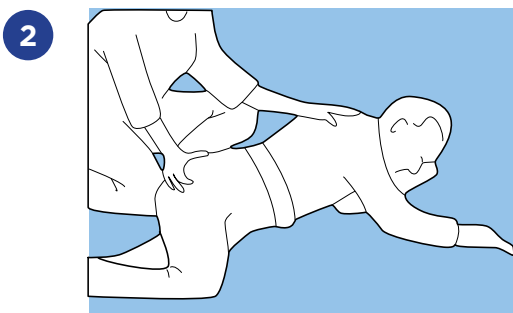
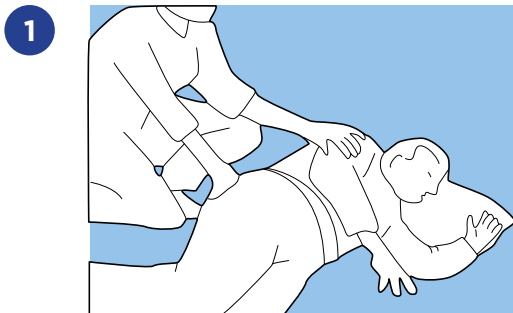
## Falls and Injury Prevention – How not to fall for it



Would you know what to do if someone has a fall?  
How do you assist someone up from a fall?  
How do you know it's safe to help them up?  
What if they have an injury?

It is important to know how to help a person up from the floor so you can avoid both injury to them and you. Do not hurry. (They are already on the floor, so they are not going to harm themselves any further.) Allow them to rest as often as they need to. If they become too exhausted and can't go any further, or they just cannot do the work required to get off the floor, make them as comfortable as possible and call the ambulance.

- **DO NOT** try to get the person up straight away.
- Calm the person (and yourself). Get them to take deep slow breaths ... in through the nose and out through the mouth.
- Check for injuries. If they are injured, they may need to stay where they are. Make them as comfortable as possible and call an ambulance.
- Keep them warm and calm while you wait for the ambulance. If possible, do not leave them.
- If they are not badly injured and feel they could get up, get two sturdy chairs and place one near the person's head and one near their feet.
- It is important that the fallen person does the work. The helper should only guide/give light assistance.



# How to help someone up after a fall

**1. Help the person to roll onto their side.**

**2. Help the person to kneel.**

If they have sore knees place a towel under them to help cushion them.

**3. Place a chair in front of the kneeling person.**

**4. Ask the person to lean on the seat of the chair, bring one leg forward, bend that knee, and put that foot on the floor.**

The other leg will still be in the kneeling position (e.g. like they are proposing marriage, or being knighted).

**5. Place a second chair behind the person.**

Ask them to push up with their arms and legs and then sit back in the chair behind them. Guide them into the seat.

Remember you are guiding ... not lifting. Bend your knees so your legs do the work. Keep your back upright. The person should be doing all of the work .

Ask the person if you can tell their doctor about their fall. Injuries may not show until later. Depending on the history of the fall (e.g. did dizziness precede it?), the doctor may need to conduct some investigations (e.g. check blood pressure, review medications) to find out why the fall occurred and how further falls may be prevented.

# Who can help?

## CCC local office

**Your doctor** can undertake a medical review and can speak with you about any concerns you have in relation to dizziness and/or loss of balance. Your GP can refer you to other health professionals or services for which you may be eligible.

**Pharmacists** can undertake a medication review. They will speak with you about your medications and any concerns you have in relation to them (e.g. perhaps causing dizziness leading to your fall). They relay the information to your doctor.

**Neurological physiotherapists** specialise in treating dizziness (should that be the cause of your fall).

**Physiotherapists** can assist with balance and strength exercises.

**Exercise physiologists** specialise in the benefits of exercise to help patients get fitter for all around good health, or to treat patients with a medical condition through exercise. They are not personal trainers. They study at university and have a wide range of knowledge about the human body and the benefit that exercise has on it, both mentally and physically.

**Community Health Centres and Day Therapy Centres** can offer physiotherapy and various other allied health services.

**Local Council** for some home support and maintenance issues.

**A Falls Clinic** is a specialist clinic which sees people who have fallen. The aim is to discover why your fall happened and to treat any underlying problems that may increase your chances of falling. The health of your bones will also be assessed, as you may be at particular risk of having a fracture.

**My Aged Care** gives you access to a range of information and support which can be delivered to you in your home. It is for people 65yrs+, or 50yrs+ for an Aboriginal and/or Torres Strait Islander person.

[www.myagedcare.gov.au](http://www.myagedcare.gov.au) or ph. 1800 200 422.

**Videos on YouTube** will show you people getting off the floor both with and without assistance.

**Independent Living Centre** provides information about products and services to help people remain independent and improve their quality of life.

<http://ilcaustralia.org.au/> or ph. 1300 885 886

## References

**Revised and re-published by the Commonwealth of Australia 2011**  
*Don't Fall for It - A guide to preventing falls for older people*

<http://bit.ly/2oSBy4k>

**Department of Health: SA Best Foot Forward Falls Prevention Project**

*'What would you do if an older person had a fall?'* (pamphlet)

<http://bit.ly/2nVet1Q>

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**Need support? Calvary Community Care can support safe, independent living at home with a variety of services and expert advice. Call 1300 66 00 22 for more information.**