

# If you fall and cannot get up

## Ask for help

If someone else is in your home, shout to them for help.

## Press your community alarm

When you press the alarm, you hear a person talking to you. Tell them what happened. You can also use your phone or mobile phone to call for help. It's OK to phone 999.

If you do not have a phone or alarm with you, get help by shouting, or by banging on the wall, floor or radiator.

## Get warm and comfortable

Find something to keep you warm, such as a blanket or rug.

If you can reach a pillow or cushion, put it under your head or between your knees and ankles. You can also use spare clothes to keep warm and comfortable.

Pee if you need to and then roll away from any damp areas.

## Keep moving

Roll from side to side and move your arms and legs. This helps to keep you warm. It also helps your circulation, reduces stiffness and makes you less likely to get pressure sores.

## Keep hydrated

If you have a drink in easy reach, sip this while waiting for help.

# How to get up, if you can

If you fall over indoors, are not injured and can get up yourself, please follow this guidance.

## Take your time

When you are ready, try to crawl or shuffle yourself to somewhere more comfortable.

Choose somewhere where you can sit up with support. This could be against a sofa, wall or sturdy (strongly built) chair, or at the bottom of the stairs. Rest there for a while.

## How to get up

When you have rested, follow this guidance to help you get up.

- 1 Roll onto your side.
- 2 Using your arms, push yourself onto your hands and knees.
- 3 If you are not close to a sturdy piece of furniture, crawl over to a sofa, chair, footstool or the bottom of the stairs.
- 4 Put your hands onto the furniture or stairs, bend your stronger leg forwards and put this foot on the floor.
- 5 Pushing your weight through your arms and legs, raise yourself up into a standing position.
- 6 Turn yourself around slowly and sit down.
- 7 Rest.
- 8 Tell someone that you have fallen and how you feel.

**Leaflet number: 5320/VER1**

Date published: September 2022

Review date: September 2025

© 2022 Guy's and St Thomas' NHS Foundation Trust

A list of sources is available on request