

The Road Ahead

PT with Patty Balance and Falling Event

March 26, 2022

OOPS-Now You Did Fall!

What to do if you fall

If you fall try to stay calm. Take time to assess the situation as it can take a few minutes to feel pain from injuries. What you do next will depend on if you're hurt and whether or not you're able to get up without help. Do you need to summon help? An emergency contact can be programmed into your cell phone. Is it a neighbor, relative or emergency services? Do you have a key available outside the home to allow your emergency contact a way into the home without breaking down the door? Maybe have a lock box that is able to be opened with a code.

What to do if someone else falls

It can take a few minutes to feel pain from injuries. If someone else falls it's important to reassure them, and assess the situation together, before you act. The person who fell gets to call the shots usually. They know their capabilities best in most circumstances. Do you need to summon help?

Special considerations

Can you stay warm and hydrated while you await help? If you are hurt or unable to get off the floor, call for help and keep warm and moving as best you can while you wait.

Can you move away from a wet area if you are going to try to get back up so that you don't slip again?

To improve your confidence and technique, it is good to practice getting up from a fall in different rooms of your house and using different types of sturdy furniture for support. For your safety, ask a friend or relative to be with you when you practice.

Failing to plan is planning to fail!