

## A step-by-step guide detailing the correct way to get up from a fall

### How to get help

While most people would consider getting up from a fall a simple matter, one out of five falls causes a serious injury in older adults, such as broken bones or a head injury.<sup>1,2</sup> In the event of an emergency, our medical alert service with automatic fall detection lets you quickly get help, potentially reducing medical complications that could result from being immobile for a prolonged period.



**On the Go mobile pendant<sup>3</sup>** with automatic fall detection<sup>4,5</sup> technology can automatically place a call for help if a fall is detected – even if you're unable to press your button.

### 1. Prepare



Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service.

### 2. Rise



Push your upper body up. Lift your head and pause for a few moments to steady yourself.

### 3. Sit



Keep the other leg bent with your knee on the floor.



Look around for a sturdy piece of furniture or the bottom of a staircase. Don't try to stand up on your own.



Slowly get up on your hands and knees and crawl to a sturdy chair.



From this kneeling position, slowly rise and turn your body to sit in the chair.



Roll over onto your side by turning your head in the direction you are trying to roll, and then move your shoulders, arm, hips, and then, your leg over.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.



Sit for a few minutes before you try to do anything else.

Source: Dr. Dorothy Baker, Ph.D., RNCS, Research Scientist, Yale University School of Medicine. 1. Alexander BH, Rivara FP, Wolf ME., "The cost and frequency of hospitalization for fall-related injuries in older adults", *American Journal of Public Health* 1992;82(7):1020-3. 2. Sterling DA, O'Connor JA, Bonadies J., "Geriatric falls: injury severity is high and disproportionate to mechanism." *Journal of Trauma-Injury, Infection and Critical Care* 2001;50(1):116-9. 3. Coverage inside and outside the home provided where wireless network coverage is available. Recharging of the On the Go Mobile pendant is done by the subscriber as needed by connecting it to its charger. 4. Automatic fall detection technology does not detect 100% of falls. If able, users should always press their personal alert button when they need help. 5. In the case of a fall detected signal from our automatic fall detection technology with no verbal response from the subscriber on multiple attempts, our call center may contact EMS for response. 6. Rodney Harrell, R., Lynott, J., Guzman, S., "What Is Livable? Community Preferences of Older Adults", *AARP Public Policy Institute*, April 2014

Please circle “Yes” or “No” for each statement below.

Why it matters

Yes (2)	No (0)	Have you ever had a fall?	Falling once increases your chances of falling again.
Yes (2)	No (0)	Do you use or have you been advised to use a cane or walker to get around safely?	Using a cane or walker can increase your chance of falling.
Yes (1)	No (0)	Do you ever feel unsteady when you are walking?	Feeling unsteady on your feet could indicate poor balance that can lead to a fall.
Yes (1)	No (0)	Do you steady yourself by holding onto furniture or other items when walking in and/or outside of the home?	Holding onto stationary objects to get around could signify you have poor balance and are more prone to falls.
Yes (1)	No (0)	Are you worried about falling?	A preoccupation with falling can increase your risk of having a fall.
Yes (1)	No (0)	Do you need to push with your hands to stand up from a chair?	Pushing yourself up with your hands in order to stand up from a chair could indicate weak leg muscles that can lead to a fall.
Yes (1)	No (0)	Do you have trouble stepping up onto a curb?	Having trouble stepping up onto a curb could mean you have weak leg muscles that can increase the risk of a fall.
Yes (1)	No (0)	Do you often have to hurry to use the restroom?	Rushing to use the restroom especially at night when you are disoriented from sleeping, could increase your risk of falling.
Yes (1)	No (0)	Have you lost any feeling in your feet?	Having numbness in your feet can cause you to stumble, which increases your risk of falling.
Yes (1)	No (0)	Do you take medicine that sometimes makes you feel light-headed or more tired than usual?	Side effects from medicines such as light-headedness can often lead to poor balance and increased risk of falling.
Yes (1)	No (0)	Do you take medicine to help you sleep or improve your mood?	Taking medications to help you sleep or improve your mood could increase your risk of falling.
Yes (1)	No (0)	Do you often feel sad or depressed?	Symptoms of depression, such as not feeling well or feeling slowed down, can increase your risk of falling.
Yes (0)	No (2)	Do you have a medical alert system?	Falls are the second leading cause of accidental injury deaths worldwide, the vast majority of which involve seniors. 90% of those who receive help within one hour after their fall remain independent. <sup>6</sup>
<b>Total</b>		<b>Add up the number of points for each answer. If you scored 4 or more points, you may be at risk for falling.</b>	