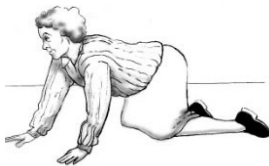


Know How to Get Up from a Fall



1. Ease yourself up onto your elbows

2. Move onto your hands and knees



3. Hold onto a firm surface, like a chair, for support

4. Facing the chair, ease yourself to a standing position



5. Turn yourself gently to sit on the firm surface



Can I attract attention?

- Shout and bang something
- Press your pendant alarm
- Use the telephone if you can



Can I get comfortable?



Find a nearby pillow, cushion, or rolled up item of clothing to put under your head

Can I keep warm?

Cover yourself with clothing, a tablecloth or a rug



Can I keep moving?

Move joints to avoid stiffness and help circulation; roll away from a damp area if your bladder "lets go"

And do not forget to tell your doctor about your fall.

From an original idea by Berkshire HNS Falls Prevention Services, UK (www.bhps.org/uk/falls)

Your local resource for falls prevention!



www.lacrossestopfalls.org

Ten Things You Can Do to Prevent Falls:

1. Assess your risk of falling.
Take the quiz inside this brochure!
2. Speak up, talk to your doctor about falls.
3. Keep moving, engage in physical activity.
4. Talk to your pharmacist.
5. Get an annual eye exam.
6. Make your home safer.
Remove clutter and tripping hazards.
Always use nightlights and handrails.
7. Wear sturdy, well-fitted shoes.
8. Attend a falls prevention program/class.
9. Participate in Annual Falls Prevention Awareness Day activities.
10. To learn more about falls prevention, check out www.lacrossestopfalls.org or call the Aging & Disability Resource Center (ADRC) of La Crosse County at

608-785-5700.

Check Your Risk for Falling: Circle “Yes” or “No” for each statement below.

Why It Matters

Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel lightheaded or more tired than usual.	Side effects from medicine can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medications can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
TOTAL: _____		Add up the number of points for each “yes” answer. If you scored four (4) points or more, you may be at risk for falling.	