



## Falls

If you have a fall, it's important to keep calm.

If you're not hurt and you feel strong enough to get up, don't get up quickly.

Roll onto your hands and knees and look for a stable piece of furniture, such as a chair or bed.

Hold on to the furniture with both hands to support yourself and, when you feel ready, slowly get up.

Sit down and rest for a while before carrying on with your daily activities.

If you're hurt or unable to get up, try to get someone's attention by calling out for help, banging on the wall or floor, or using your aid call button (if you have one). If possible, crawl to a telephone and dial 999 to request an ambulance.

Try to reach something warm, such as a blanket or dressing gown, to put over you, particularly your legs and feet.

Stay as comfortable as possible and try to change your position at least once every half an hour or so.

If you're living with or caring for an elderly person, see accidents and first aid for information and advice about what to do after an accident.

### **What causes a fall?**

The natural ageing process means that older people have an increased risk of having a fall. In the UK, falls are the most common cause of injury related deaths in people over the age of 75.

Older people are more likely to have a fall because they may have:

Balance problems and muscle weakness

Poor vision

A long-term health condition, such as heart disease, dementia or low blood pressure (hypo-tension), which can lead to dizziness and a brief loss of consciousness.

Hearing Impairment Helpline  
03458 247999

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