



TOOL:

## Fall Action Plan:

### For the person you care for

The Fall Action Plan is a tool for the person you care for. It includes information on what steps to take if they fall while alone, a customizable list of emergency contacts and tips for staying safe at home.

#### Instructions:

- Review and complete the Fall Action Plan with the person you care for
- Share a copy of the completed plan with others who might be involved in their care
- Encourage the person you care for to keep copies in accessible and visible locations of their home, such as on the fridge or in their nightstand





TOOL:

**Fall Action Plan** | What to do if I fall when I'm alone

## If a fall occurs while you are alone:

1. Stay calm and take a moment to catch your breath.
2. Check yourself for any injuries.
3. Take time to decide if you can get up safely.

### NO, I can't get up safely.

- **Call for help.** Use your phone or emergency call device if you have them at hand
- **If you don't have a call device at hand, you can:**
  - Slide yourself toward a phone or a place where you will be heard
  - Use nearby objects to make noise to attract attention
- Try to conserve your energy while you wait for help. If you can, use pillows or blankets within reach to stay comfortable and warm
- If you are able, move your joints to ease circulation and prevent stiffness while you wait

### YES, I can get up safely.

**1. Lie on your side**, bend the leg that is on top and roll onto your side. Slowly lift yourself onto your elbows or hands.



**2. Pull yourself toward a sturdy chair or other piece of furniture**, then kneel while placing both hands on the furniture.



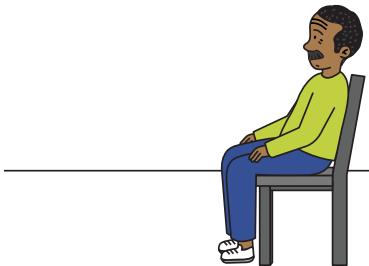
**3. Place your stronger leg in front**, holding on to the chair or object.



**4. Stand up slowly.**



**5. Carefully, turn and sit down.**





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**Smart phone, and watch tips:** If you have a smart phone or smart watch and have voice commands turned on, you can use voice commands to call for emergency help or to reach a person in your contact list.

On **iPhone devices**, you can say “Hey Siri, call 9-1-1.”

If you have an **Android device**, say “Hey Google, call 9-1-1.”

**After a fall, always make sure to tell someone.** If I fall, I will call:

Name:	Phone number:
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**Visit a doctor or consult your care team after a fall.** Write down the details for relevant health services in your area so you can quickly access them:

Emergency care:	<b>9-1-1</b>
Family doctor:	
Nurse practitioner:	
Local paramedic program:	
Telehealth or virtual care:	
Walk-in clinic:	
Hospital:	
Other:	



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## When to get help after a fall

**Call 9-1-1 if you feel that you need emergency care.**

For example, call if you:

- Lost consciousness before or after the fall
- Cannot get up after a fall
- Have severe pain or an obvious injury (such as significant bleeding)
- Are showing signs of a stroke (face drooping, arm weakness or speech difficulty)
- Have difficulty breathing or chest pain

**Call your doctor, telehealth (8-1-1) or seek immediate medical care if you:**

- Hit your head
- Feel dizzy or light-headed
- Have new or worsening pain

**Important note:** While a bump to the head may seem like nothing, seniors are at higher risk of bleeding in the brain than other age groups. If you are taking blood thinners, you may have more bleeding. After any hit to the head, it is important to get checked out.



### Tips for staying safe:

- Choose someone you trust to check in with every day at a regular time. Have them know to call for help if they don't hear from you. You can do the same for them.
  - [\*\*The Friendly Calls Program from the Canadian Red Cross\*\*](#) can match you with a trained Red Cross professional who will regularly check in.
- Consider investing in a fall call alarm.
- Make sure your emergency contact details are up to date. Pack an emergency bag and keep it near the door.
- Practise getting up from the floor. Ask your physiotherapist for tips and advice on how to check for injuries after a fall and how to get up independently.