



Supporter Resource —What to Do If Someone Falls

Stay calm. Be aware that the person who has fallen may be shaken or even in shock. Carefully and quickly assess the situation.

1. **Listen** to what the person is telling you.
2. **Observe** the position of the person's body and look for signs of bleeding, broken bones, or breathing problems.
3. **Ask** the individual what he or she is feeling.
4. **Call 911 for emergency help!** If a person appears to be seriously hurt, is bleeding badly, or complains of sharp pain, **call 911. Do not move them.**
5. **Notify** the person's doctor and give them details of the fall - when, where and how the person fell.
6. **Document** what happened – both the fall and follow-up. Keep a running log of falls to develop a history of falls. The documentation should be completed after every fall and include:

- **Symptoms** - What happened before the fall?
- **Location** – Where did the person fall?
- **Activity** – What was the person doing at the time of the fall?
- **Time** – What was the date and hour of the day?
- **Incident** - Was there an injury? Did the person receive treatment?

Remember the 4 E's: Evaluation – Exercise – Environment – Education

Falls can be prevented. As a supporter, you can help the people you support stay safe:

- ◆ **Evaluation**
 - Evaluate for personal risk factors. Identify persons at increased risk.
 - Ensure people have vision checked annually and keep glasses updated.
 - Have a doctor or pharmacist routinely check all medications, including over the counter medications, for increased risk of falls.
- ◆ **Exercise – Exercise – Exercise**
 - Promote healthy lifestyles including access to physical activity. Participation in a good balance or exercise program is key to fall prevention.
- ◆ **Environment**
 - Ensure home and community safety. Conduct onsite home safety checks and make necessary changes.
- ◆ **Education**
 - Make fall prevention a priority. Educate yourself and people at risk as to its importance.
 - Develop and implement individualized fall prevention plans for people at risk.



Sample Log for Falls

Symptoms What happened before the fall?	Location Where did the person fall?	Activity What was the person doing at the time of the fall?	Time What was the date and hour of the day?	Incident Was there an injury? Did the person receive treatment?