

Maine Falls Prevention Coalition

Sample Personal Action Plan for Experiencing a Fall

Having a well-prepared action plan can help you manage a fall more effectively and reduce the risk of future falls. Stay proactive about your safety and health.

• Stay Calm and Assess the Situation

Stay calm: Take a few deep breaths to reduce panic and think clearly.

Check for injuries: Before moving, assess your body for pain or injury. If you feel any severe pain or suspect a serious injury (e.g., broken bone), try to stay still and call for help.

• Call for Help

Use a phone: If you can reach a phone, call 911 or emergency services.

Alert devices: If you wear a medical alert device, use it to call for help.

Yell for assistance: If you cannot reach a phone or alert device, try to attract attention by yelling.

• Move to a Safe Position

If uninjured: If you determine you are not seriously injured, try to move to a safe and comfortable position.

Roll onto your side: Slowly roll onto your side to relieve pressure from any potential injuries.

Get onto your hands and knees: Gradually get onto your hands and knees and crawl to a sturdy piece of furniture (e.g., a chair).

Use the furniture to help stand: Place your hands on the chair or another stable surface, and slowly get up.

• Take Care of Any Minor Injuries

Apply first aid: If you have minor cuts or bruises, clean and dress them appropriately.

Use ice: Apply ice packs to any swollen or bruised areas to reduce swelling and pain.

• Report the Fall

Tell someone: Inform a family member, friend, or caregiver about the fall.

Seek medical advice:

Even if you feel fine, it's important to discuss the fall with your healthcare provider to rule out any underlying issues and get advice on preventing future falls.

• Reflect on the Cause of the Fall

Identify the cause: Try to determine what caused the fall (e.g., tripping over an object, slippery floor, dizziness).

Take preventive measures: Make necessary changes in your environment or lifestyle to prevent future falls. This may include removing hazards, improving lighting, or discussing medication side effects with your doctor.

• Update Your Safety Plan

Review your action plan: Regularly review and update your fall action plan.

Practice getting up: Periodically practice how to safely get up from a fall, so you are better prepared if it happens again.

Emergency Contacts

Emergency Services: 911

Primary Care Physician: [Physician's Name] - [Phone Number]

Family Member/Caregiver: [Name] - [Phone Number]

Fall Prevention Tips

Exercise regularly: Engage in activities that improve strength, balance, and coordination, such as Bincize.

Home safety: Remove tripping hazards, use non-slip mats, install grab bars in the bathroom, and ensure good lighting throughout the home.

Review medications: Regularly review medications with your healthcare provider to understand side effects that may increase fall risk.

Regular vision and hearing checks: Ensure your vision and hearing are regularly checked and corrected as necessary.

