# 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).

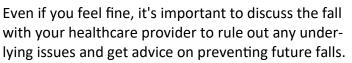
Use the furniture to help stand: Place your hands on the chair or another stable surface, and slowly get up.

# • 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:



## • 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 Bingocize.

**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.

