



**Neuro Café:
29th September
Falls- On & off the floor**

Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

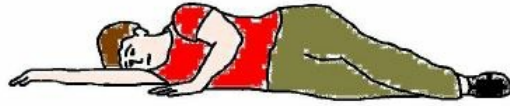
What to do if you fall

- If you fall try to stay **calm**.
- Take time to assess the situation as it can take a few minutes to feel pain from injuries. You should work out if you are hurt or bleeding.
- What you do next will depend on if you're hurt and whether or not you're able to get up without help.
- If you already have a falls plan try to follow it if you can and remind those helping you of the plan.
- If you can get up from floor use stable furniture and techniques learnt to assist you to get up off the floor
- 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 mobile phone, Siri/ Alexa, Pendant alarm/ community alarm or crawling to landline phone to get help
- If you remain on floor try and reach a blanket / coat to stay warm and a pillow for comfort if possible

Getting up from a fall

If you're not hurt and feel well enough, you could try to get up from the floor. The best way will differ from person to person, but as a guide, you can:

Roll onto your side.



Kneel face on to chair and put strongest leg up with hands on seat of chair/ sofa.



Or if severe weakness may be better to approach **sideways**. **Offers more range at hip**



Kneel side-on to the chair or sofa with your strongest leg next to it, then slide the foot of your strongest leg forward so that it's flat on the floor. Your other knee should remain on the floor.



Raise yourself up and turn into seat.

Sit for a few minutes before you try to do anything else and check again for injuries.



Push yourself up to a side sitting position.



Slowly get onto your hands and knees.



Crawl towards a sturdy piece of furniture that can support you to get up – such as a solid chair or sofa.

How to get off
the floor

How To Get Off The Floor



Using the stairs if kneeling is difficult or painful

Bottom shuffle to bottom step

Press up stair by stair and use banister to help get back into standing

What to do if someone falls



What is backward chaining?

- Backward chaining is a sequence of movements combined together to help teach someone to be able to get down to the floor safely.
- Once learnt, in reverse, it can be used as a safe and effective way to get up from the floor.
- Regular practice in this set of exercises will ensure you are able to get up from the floor if you fall.
- Only complete backward chaining in consultation with a therapist or your exercise instructor.
- Do not attempt any stage on your own if you do not think that you will be able to get up again.
- Make sure you use a sturdy chair with arms, placed on a carpeted area with plenty of room to lie down.

Getting down to and up from the floor safely

Home Exercise Programme



laterLife
training.

<http://www.laterlifetraining.co.uk/>

Backward chaining

- Show booklet – via shared screen
- Start in standing
- Do each stage then back to start so you are confident can do each bit
- Backward chaining assumes mastery of one link before moving onto next
- Do not do alone unless confident can manage whole chain
- Get therapy team to do with you
- Practice exercise to help keep power
 - Wall press up – will help you push up from floor to side sitting and also up from floor
 - Wrist strengthening will allow hand to stabilise you
 - Leg strengthening exercises push up from kneeling
 - Rotation of spine

The ARNI technique for teaching the independent floor-to-stand manoeuvre



Calling for help

- **You should call for help if you're hurt as attempting to get up could make your injury worse. You may also need to call for help if you're unable to get up yourself.**
- To call for help:
 - use a community/ pendant alarm, if you have one
 - use a phone to call a relative, friend or neighbour. If you're injured, phone 999 and ask for an ambulance. If you're not sure, phone 111
 - ask your smart speaker, if you have one, to call someone who can help you
 - try shouting, or banging on a wall, to try to attract your neighbour's attention
- Having a community alarm, or mobile phone, on you at all times will help you to call for help when you need it. Your mobile phone needs to be charged and switched on all the time.
- Ensuring that a family member or neighbour has a spare key will allow people to get to you quickly. You can also consider leaving a spare key in a police-approved key safe. This is a secure box with a combination lock that you can keep outside your home. This can be accessed by anyone that you have shared the combination code with.



Pendant alarm

- Contact your local social services – borough dependent for information on these
 - There will nearly always be a **cost – get some quotes / take advice**
 - Need a landline for most but some are going to mobile devices now
 - Ensure link with key safe (place to store spare key with unique code)– for help to gain entry or linked to neighbour with spare key
 - Can get falls alarms/ pressure sensor mats and telecare devices for those with severe falls risk
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- **In an emergency**
 - In the event of a fall, you can use the alarm to call a 24-hour response centre. The operator will:
 - try to speak to you through the alarm unit's built in microphone and loudspeaker without the need for you to lift the telephone handset
 - call the best person to help you – this could be a neighbour, relative, friend or the emergency services. In some areas there's also a mobile team who'll come and help you up from the floor

Using a phone



- If you decide that using a phone is the safest, and most effective, way to call for help, you should consider buying a mobile phone, even if it's just for emergencies.
- If you buy a mobile, remember to:
 - keep it charged and topped up with funds if it's a pay-as-you-go phone
 - keep it on you at all times
 - share your number with a relative or neighbour and tell them that the number is for emergencies. That way if you run out of battery or lose signal before you have a chance to talk, they'll know that you need help
- You can also call the emergency services for free even if you've no credit.

Keeping warm

- After calling for help, it's important to keep warm as you may be at risk of developing [hypothermia](#)
- To keep warm:
- Move onto a carpet, rug or other soft surface. Hard surfaces like tiles and stone floors are often colder and take longer to warm up. If you have to empty your bladder while you're on the floor, move away from the wet area.
- Reach for a nearby duvet cover, blanket or clothing that you can use to cover yourself.
- Move away from areas where there's a draft.
- Keep your body moving.
- If you're with someone, ask them to put the heating on or make you a hot drink.





Enhanced telecare

- There are a range of other automatic sensors that can be provided as part of a telecare package, including:
- automatic fall detectors – these are designed to be worn and will send an alert to a 24-hour response centre if they detect that you've fallen
- bed and chair occupancy sensors – these are designed to send an alert if they detect that you've got up during the night and not returned to bed. These sensors can also be linked to your lamp, which'll automatically switch on when you get out of bed. This can reduce the risk of falls taking place at night

Why is the ability to get up from the floor after a fall so important

More than an hour on the floor leads to poor outcomes

- Increased risk of hospitalisation
 - Poor recovery of physical function
 - Increased possibility of admission into residential care
 - Even death
- Increased fear of falling and post fall syndrome
 - Independence
 - Maintain strength

