



## After Fall Self-Assessment

When it comes to falls, avoiding a fall is the most important step. However, sometimes, despite our best efforts, falls will occur. If this should happen to you, it is important that you know what to do.

1. Do NOT try to get up right away. Relax, take a few deep breathes. Stay on the floor for 3-5 minutes.
2. Do NOT allow someone to help you off of the floor unless it is someone from your homecare team or from Emergency Medical Services.
3. **If you are unable to move at all or have heavy, uncontrolled bleeding, call 911 immediately.**
4. Begin a self-assessment:
  - a. Point and flex your foot, move your foot in a circle.
  - b. Slide your heels toward your bottom and then slide them forward.
  - c. Move your wrists up and down and in a circle.
  - d. Open and close your hands.
  - e. Reach your hands toward the ceiling.
5. Following the assessment:
  - a. If everything moves, you may attempt to get up off of the floor following the procedure on the back of this page. Call your nurse to report the fall: (740)852-7755
  - b. If you are not able to get up off of the floor by yourself or if you are unable to perform the above exercises. Remain where you are and call your nurse (740)852-7755.
  - c. If you are not able to get up off of the floor, are unable to perform the above exercises and are not near a telephone or an emergency response system/button, you will need to attempt to scoot or crawl until you are able to reach a phone. *Note: If you live alone and are at a high fall risk, you should have an emergency response system in place.*