

WHAT TO DO IF YOU FALL

IF YOU HAVE ANY
QUESTIONS ABOUT
THIS INFORMATION,
PLEASE TALK WITH
YOUR NURSE,
THERAPIST, OR
DOCTOR

If you fall at home, remember...



Don't panic; decide whether you are able to get up

If you decide to get up...



Use stable furniture for support



Tell someone that you had a fall; your doctor can provide fall prevention resources, if needed



Get medical help if needed

If you can't get up...



Slide or crawl to get help if you can



Shout, bang on something, or use your **phone/lifeline** if you cannot crawl



Tell someone you have fallen



Stay calm and still until help arrives



Get medical help if needed





Reduce your fall risk: Check your shoes!

Your footwear does more than provide you with a comfortable walk. Shoes can help you stay stable on your feet – or make it harder to remain balanced. Here are several tips to help you choose the best footwear to prevent falls.

- **Lightweight:** Choose a lightweight shoe. A heavy shoe can increase the likeliness of tripping.
- **Wide heel:** Choose a wide heel that is flat or low.
- **Sole:** The sole of your shoe should not be too thick. It should be flexible under the ball of the foot – where your toes attach to your foot.
- **Tread:** The tread, which provides traction on the sole of your shoe, should be visible and not worn or smooth. It should be made of rubber or another nonslip material.
- **Heel counter:** A heel counter is a small piece of plastic or cardboard positioned inside the back of the shoe where your heel bone rests. It should be firm and sturdy to hold your heel in place.
- **Supportive arch:** Consider adding an orthotic or insoles for more support.
- **Toe box:** The area where your toes rest in the shoe is called the toe box. You should be able to curl your toes and move them a little.
- **Laces or Velcro®:** Be sure to lace your shoes firmly or tighten the Velcro closure to hold your foot securely in place.