



## **Maintaining Independence at Home**

### **“I have fallen and CAN get up!”**

Courtesy of the Geriatric Center of Excellence at Providence Clinic at Panorama  
and Providence Outpatient Neuro Rehabilitation

## **I Have Fallen and I Can Get up**

Getting up from a fall or being able to move to a location to get help is an important part of maintaining your independence.

While fall prevention should be our priority, occasionally accidents happen. The following hand out has some, instructions for moving and getting up from a fall.

The first thing you should do after a fall is pause, a fall is a shock to the body. Take a few minutes to just breathe and calm yourself. Next assess whether you think you have an injury. If the injury prevents you from getting up then use the scooting examples at the end of this handout to get to a phone or the front door to call for help.

The handouts are organized into 4 sections:

**Section 1: Fall Recovery Techniques-pages 2-6**

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**Section 3: Exercises to Improve Strength-pages 9-11**

**Section 4: Devices for Calling for Help-pages 12-13**

# 1. Fall Recovery Techniques

## A. Basic Fall Recovery

Raise both knees and reach your dominant hand across your body to the opposite side.



Place your hand down on the floor while pulling the other elbow back underneath you.



*I have fallen and I can get up*

Extend both arms and roll over to your knees and crawl to a stable elevated surface like a couch or chair. Raise your strongest leg and push down through your hands and legs rise and turn to sit down.



Remain seated take a couple of breaths make sure you are ok before you try to stand.



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## B. Tipping Point

Push up against a stable surface, a couch works best. Place your hands on your knee/thigh area and push lifting your bottom and leaning your head and shoulders back.



Continue to lean your head and upper body back tipping back onto the couch, bring your arms up for additional support.



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Walk your legs over to the side of the couch then lift feet up on couch. Remain lying for a couple of breaths and make sure you are ok to sit up.



Roll onto your side, drop your legs over the edge of the couch, push yourself upright to a sitting position, again take a couple of breathes and make sure you are ok to stand up.



## C. Stair Step Techniques

#1 Crawl over to the stairs. Crawl up the stairs using your hands until you reach a height that is easy to rise from. Use a push on the stair and a pull on the wall or rail to help yourself up.



#2 Push up against the bottom stair. Put your hands on the stair above where you are, lean forward and extend both your arms and lift your bottom up onto the bottom step. Repeat until you are high enough to easily rise off of the ground. Use a push on the stair and a pull on the wall to help yourself up.



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## 2. Techniques for moving on the floor when you can't get up

### Glut Scoot-Sitting up

In sitting position lean from side to side lifting the opposite hip up and back. You can move forward or backwards and this expends little energy.



### Sideways Inch Worm- when you can't sit up

Roll onto your back. Bend both knees up. Slide both feet to one side, in the direction you are moving towards. Slightly lift your hips and scoot your hips to the side, in the same direction you moved your feet.





Push up on your elbows enough to scoot your shoulders over in the same direction as your feet and hips. Repeat this series of scooting your feet, then hips and then shoulders to the side until you can reach a phone or open a door to call for help.



If you are unable to do any of the techniques listed then try to keep warm pull rugs, blankets or cushions over you.

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### 3. Exercises to strengthen muscles needed to get up from a Fall.

You should always consult your physician before undertaking any new exercise routine.

While sitting in chair straighten one knee hold 5 seconds and then lower. Repeat on each leg 10 times. If this gets easy hold your leg up longer.



Standing, holding onto a sink/counter or back of chair: raise up on tip toes, lower down. Rock back on heels, raising toes up. Lower down. Repeat 10 times.



While holding onto the back of a chair squat down slowly at least one foot and hold the squat for 5 seconds repeat 10 times.



Holding onto the chair, lift one leg and move it away from you slowly hold for a count of 3 use alternate legs repeat 10 times.





Holding onto the chair, lift one leg and move it in front of the other leg you should move slowly and hold for a count of 3, use alternate legs and repeat 10 times.



Practice getting up and down from a chair try to move slowly and try not to “plop” yourself down into the chair. Progress by not using your arms to push up out of the chair nor using them to lower yourself down.



*I have fallen and I can get up*

## 4. Devices you can use for calling for help.

We do not endorse one tool over another nor do we endorse a certain brand this is really and individual decision that you need to do a little homework on.

Cell phone- But! you need to have it with you. There are several things you can use to keep it close a small purse that hangs around your neck or a holster you can clip on the waist of your pants.



## Alert Devices Articles and Web sites



### The Best Fall Detection Sensors of 2017

EMERGENCY ASSISTANCE IN THE EVENT OF A FALL

Health / Senior Care / Medical Alert Systems Review / Fall Detection Sensors Review

<http://www.toptenreviews.com/health/senior-care/best-fall-detection-sensors>

### What to look for in a medical alert system



Product Reviews

<http://www.consumerreports.org/cro/2014/06/what-to-look-for-in-a-medical-alert-system/index.htm>

## Multi component system that can actually detect when you fall.

### Medical Alert

(800-800-2537)

#### Monthly service cost

Landline: \$30 Cellular: \$35 GPS mobile: \$40

#### Features

Range: 600 feet

Offers a mobile 911 phone? Yes

Automatic fall detection? Yes

#### Fees

Minimum obligation: 90 days

Activation: No fee

Cancellation: No fee

#### Monitoring services

In-house or outsourced? Outsourced

UL-listed (or comparable)? Yes



Medical Alert wristband and pendant  
Photo: Courtesy of Medical Alert

### MobileHelp

(800-992-0616)

#### Monthly service cost

Landline: Not available. Cellular: \$35 GPS mobile: \$38

#### Features

Range: 350 to 600 feet

Offers a mobile 911 phone? No

Automatic fall detection? Yes

#### Fees

Minimum obligation: None

Activation: No fee

Cancellation: No fee

#### Monitoring services

In-house or outsourced? Outsourced

UL-listed (or comparable)? Yes



MobileHelp medical alert system  
Photo: Courtesy of MobileHelp

### Philips Lifeline

(855-214-1363)

#### Monthly service cost

Landline: \$30 Cellular: \$42 GPS mobile: \$55 (landline), \$65 (mobile) (\$149 device fee)

#### Features

Range: 600 feet

Offers a mobile 911 phone? No

Automatic fall detection? Yes

#### Fees

Minimum obligation: None

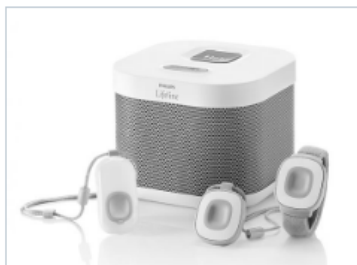
Activation: \$0 to \$50

Cancellation: No fee

#### Monitoring services

In-house or outsourced? In-house

UL-listed (or comparable)? No



Philips Lifeline medical alert system