Upwards and Onwards

Or getting up off the floor!

Janet Thomas

Team Lead Physiotherapist

IPTOP secretary

Background

- You have heard from the other speakers about the evidence and strategies for Falls prevention.

- However – people will still fall
- One of the major issues can be a ‘Long lie’
- It is important that we all know how to get up off the floor safely

It’s nothing new

- ‘A study of falls and getting up from the floor in the aged’ was published in 1963
- Simpson & Salkin (1993) found that only 11% of physiotherapists taught older adults to rise from the floor
- Simpson & Mandelstam (1995) reported that 19% of potential fallers were capable of being taught to rise

The guidelines

Key messages
• Ask all older people if they are able to get up from the floor following a fall • Check that older people have a strategy to get help if they fall and are unable to rise • Teach and practice how to get up from the floor, when possible

The reality

Do you routinely ASK if older people who have fallen can get back up off the floor?

79 votes • Final results

12:12 PM - 4 Jun 2018

Do you routinely TEACH older people how to get up off the floor if they have fallen?

71 votes • Final results

The reality

Do you routinely ask if older people can get up from the floor if they have fallen? #Falls

Yes	**90.5%**
No	9.5%

95 votes · Final results

7:42 PM · Aug 20, 2020 · Twitter Web App

Do you routinely TEACH older people to get up from the floor if they have fallen? #Falls

Yes	**53.8%**
No	29.5%
Sometimes (comment why)	16.7%

78 votes · Final results

7:42 PM · Aug 20, 2020 · Twitter Web App

Upwards and Onwards

TEC Technology Enabled Care

Care and Repair Scotland

Roar Connections For Life

carers SCOTLAND

laterLife training

Royal Osteoporosis Society
Better bone health for everybody

Alzheimer Scotland
Action on Dementia

NHS 24

Scottish Ambulance Service

age Scotland
Love later life

GCU Glasgow Caledonian University

RoSPA
accidents don't have to happen

NHS Highland

NHS Lanarkshire

NHS Greater Glasgow and Clyde

AGILE

media co-op

For anyone at risk of falling

Upwards and Onwards

How To Get Off The Floor

What To Do If You Can't Get Up

Every Fall Is Different

Prevent

What To Do If Someone Falls

What To Do If Someone Falls

First, stay calm. Don't rush.

It can take a few minutes to feel pain from injuries.

Reassure them, and assess the situation together, before you act.

If they're injured, get help

- If you're not sure, call 111
- If they've hit their head, hurt their back, neck or hip - or you're worried they're injured or ill - call 999
- While waiting for help, keep them comfortable and warm, and make sure they have water to drink

Don't lift them

Don't try to lift them up yourself. Unless you really know what you're doing, you could make things worse.

Getting Up

If the person is NOT injured, but can't get up, they can use their community alarm to get help. Or call 111.

Or they may be able to **get themself up**. You can help, by **talking them through** a safe way to do it. Remain calm and reassuring. Keep assessing the situation together, as you talk them through these **six steps:**

1. Roll on to your side
2. Push on to your hands
3. Push up on to your hands and knees to crawl
4. Side on to solid furniture – strongest leg next to it – foot flat on ground
5. Push up and turn slowly
6. Rest – and check for injury again

To see videos about how to talk someone up, and how to get yourself up go to **NHSinform.scot** and search for **Falls**

For families, friends & key holders

TEC Technology Enabled Care · LaterLife Training · Roar Connections For Life · Care and Repair Scotland · NHS Highland · NHS Lanarkshire · NHS Greater Glasgow and Clyde · NHS 24 · Scottish Ambulance Service · age Scotland · Alzheimer Scotland · carers SCOTLAND · GCU Glasgow Caledonian University · Royal Osteoporosis Society · In association with RoSPA · media co-op

To view the films

Go to NHS inform
https://www.nhsinform.scot/
and search for *What to do if you fall*

FIRST

TEC Technology Enabled Care