Steps in Helping a Senior Get Up From a Fall

1. Have them stay where they are on the floor or ground and lie still for a few moments.

2. While lying in place, have them perform a self-assessment to determine if they are injured.

3. If they’re injured, tell them to remain where they are while you summon emergency medical assistance by calling 911 if at home.

4. If they feel able to get up safely, the next step is for them to roll to one side.

5. Have them rest on their side for a few moments to allow their body and blood pressure to adjust.

6. Crawling on hands and knees to the nearest sturdy chair is next. Moving that chair closer to them, if you are able, can make a difference to them.

7. When at the chair, they should put their hands on the seat of the chair, slide one foot forward so it is flat on the floor and keep the other knee on the floor.

8. Next, and last, is to have them SLOWLY rise and turn their body to sit in the chair.