

GIVE US A CALL

Anne Bernick, a Public Health Nurse with the **Wallingford Health Department** will be conducting free in-home Fall Risk Assessments alongside **EMS** personnel upon request.

The home visit will include a visual assessment (of potential risk), balance assessment, and medication overview. In addition, provided will be educational material on how to prevent falls as well as an opportunity to ask questions regarding, medication, exercise and related topics!

CALL FOR A FREE ASSESSMENT

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To Prevent a Fall **GIVE US A CALL**

The Wallingford Health Department *in partnership* with the Fire Department has been awarded a grant, which has allowed focus to be placed on fall prevention.

Our mission: To decrease home safety hazards, increase awareness of and encourage action to reduce risk and essentially injury as a result of falls.

Please see the inside of this booklet for tips to help you get up safely after a fall and what to do if you are unable to rise.

FREE in-home FALL RISK ASSESSMENT
See back of booklet for details!

I've Fallen and I Can't Get Up

Please follow the steps below:

Can I attract attention?

Shout and bang on something. Press your pendant alarm or use the telephone if you can.



Can I get comfortable?

Find a near by pillow, cushion, or rolled up item of clothing to put under your head.



Can I get warm?

Cover yourself with clothing, table cloth or rug.



Can I keep moving?

Move positions to avoid getting pressure sores. Move joints to avoid circulation. Roll away from a damp area if your bladder "let's go."



I've Fallen and I Can Get Up

Please follow the steps below:

Ease yourself on to your elbows.



Move onto your hands and knees.



Hold onto a firm surface for support.



Facing the chair, ease yourself to a standing position, then turn yourself gently and sit on a firm surface.

