

Day 12: How to Get up from a Fall

- When you are at the beginning stages of a fall, it is important to attempt to “catch” yourself before you hit the floor. You may break your wrist or arm, but the consequences are not as serious as if you break your hip
- Do not attempt to get up on your own. Do not be embarrassed to ask for help. Do not be embarrassed about falling. Your safety should be the first priority
- Instead of attempting to get up, reposition yourself into a more comfortable position, and wait for assistance
- If you are going to attempt to get up on your own, first locate something sturdy in your home, preferably a chair. Do not get up quickly – rest and plan your next moves before reacting too quickly
- Roll onto your side by bringing your feet underneath your knees and raise the arm above your head to the side you are turning. Let your knees fall to the side and your head, shoulders, and hips will follow. Once you are on your side, curl your legs up into your chest/stomach and use your arms to push up into a seated position. Turn yourself onto your hands and knees but put your hands into fists if your wrists cannot support the weight. From there, crawl to a sturdy object and hold onto it with both hands. Slide your stronger foot forward so that it is flat on the floor. Keep the other leg bent with your knee on the floor. Push off the ground with the heel of your foot and rise slowly, then turn your body to sit in the chair. Sit for several minutes before trying to stand up
- Report your fall to your family members, doctor, on-site nurse, or anyone who can help you
- **What can we do about the fear of falling?**
 - Tell someone. Explain your fears. You might be able to find someone to do your regular activities with
 - Consider asking your doctor about using a walking aid, such as a cane or a walker. Use this strategy as a last resort
 - Regular exercise can help to prevent a fall
 - Exercise might provide you with the necessary strength and mobility to be able to help you get up from a fall, should that ever happen
 - Exercise might be able to lessen the severity of an injury, should a fall happen. If our bones are strong from a lot of exercise, then we are less likely to break a bone



Day 12: The Benefits of Exercise

- We keep coming back to one main topic: exercise! Research shows that regular exercise can help prevent a fall... but what is so special about exercise?
- Exercising 30 minutes a day can have a positive impact on your life. Although 30 minutes sounds like a lot of time, remember there are 24 hours in a day. Doctors recommend that simply limiting our sitting and sleeping to 23.5 hours a day can improve our health
- Even the act of NOT sitting is very good for your health. Research says that standing for 50 hours a year (approximately 1 hour of standing per week or less than 10 minutes per day) can prevent 1 fall each year!

Benefits of regular exercise:

- Reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process
- Helps to prevent injury from a fall, or lessen the severity of an injury, should a fall happen
- Improves stamina- when you exercise, your body uses energy to keep going. Aerobic exercise improves your stamina by training your body to become more efficient and use less energy for the same amount of work
- Strengthens and tones– exercising with weights and other forms of resistance develops your muscles, bones and ligaments for increased strength and endurance. Your posture can be improved, and your muscles become firm and toned
- Enhances flexibility– stretching exercises keep your body limber so you can bend, reach and twist. Improving your flexibility through exercise reduces the chance of injury and improves balance and coordination
- Improves mental and emotional health (including memory!)
- Controls weight
- Improves sleeping habits
- Improves quality of life

