

## Have a plan in place

It is not possible to predict if, how, where or when you might fall, therefore it is important to think ahead and make a plan of things you can do to safeguard yourself especially if you live alone. This will help you to feel not only safer but more confident and in control.

- Keep a list of family and friends' phone numbers near the phone, or program them into the phone for easy one-touch dialling.
- Keep a phone within reach, like a cordless or mobile phone in case it is hard to get up.
- Consider a device, such as a falls detector that raises an alarm in case of an emergency.
- You might also have an arrangement with a neighbour/friend/family member to contact them at a certain time each day to ensure all is well.
- Let family and friends know how to get into your house if you can't let them in.

### My plan, if I should fall

#### How will I let someone know I need help?

For example, I will use a fall detector, alarm or other device or I will arrange for a friend or relative to call at a set time each day.

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#### Who will I contact if I do have a fall?

Name	Contact Details
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#### How will they get in to the house to help me?

For example, I will leave a spare key in a security box outside the house or with a friend, neighbour or relative.

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#### Things to do

For example:

- Practise how to get up if I do have a fall.
- Complete the Home Safety Checklist.
- Buy a non-slip bathmat.
- Install a rail in the bathroom.
- See a physiotherapist about a walking aid.