

What to do IMMEDIATELY AFTER A DEMENTIA FALL?

Stay calm.
Check for injuries.
Take it one
step at a time.



1



STAY CALM & REASSURE THEM

Your calm voice can help reduce fear and confusion.

"You're okay. I'm here to help you."

2



CHECK FOR INJURIES

Look for bleeding, bruises, swelling, deformities, or any signs of pain. Gently ask if they hurt anywhere.

3



CHECK ALERTNESS

Are they awake and able to respond? Do they seem more confused than usual?

4



ASK THEM TO STAY STILL

Ask them not to move until you know it's safe. This helps prevent more injury.

5



CHECK THE SURROUNDINGS

What might have caused the fall? Look for tripping hazards, poor lighting, or anything out of place.

6



MAKE A MENTAL NOTE

Try to remember what happened, the time, and where they were. These details help later.

7



DECIDE WHAT TO DO NEXT

If they are seriously hurt or you're not sure, call 911. If not, continue to monitor and follow the next steps in this guide.



YOU'RE DOING AN AMAZING JOB.

One step at a time. You've got this.



QUICK INJURY CHECK

Ask yourself:

- ✓ Are they alert?
- ✓ Are they in pain?
- ✓ Can they move their arms and legs?
- ✓ Are they bleeding?
- ✓ Did they hit their head?



CALL 911 IMMEDIATELY IF:

- They are unconscious or hard to wake up
- They have trouble breathing
- They have severe pain
- They have a possible broken bone
- They hit their head, especially if on blood thinners
- You are not sure how serious the injury is



CAREGIVER PEARL

"Don't assume they're not hurt just because they say, 'I'm fine.' Dementia can make it hard to recognize or communicate pain."



NEXT STEP:

If they are not seriously injured and it's safe, follow the section on how to help them up safely.

