

After a Dementia Fall

A Dementia Caregiver Reference Guide

After a fall, some injuries are obvious. Others are not.
People with dementia may not be able to clearly explain how they feel .

Call the doctor right away if you notice any of the warning signs below.

**CALL 911
OR GO TO THE
EMERGENCY
ROOM RIGHT
AWAY**

**HIT HEAD OR
LOSS OF
CONSCIOUSNESS**

- Lost Consciousness (even briefly)
- Seizure
- Can't remember what happened

**NECK OR BACK
INJURY**

- Severe neck pain
- Severe back pain
- Numbness or tingling in arms or legs

**BROKEN BONE**

- Deformity
- Unable to move an arm or leg
- Severe pain
- Swelling or bruising

**SEVERE
BLEEDING**

- Won't stop after 10 minutes of firm pressure
- Deep cut
- Large amount of blood

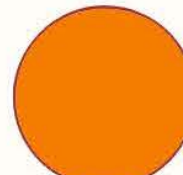
**SUDDEN CHANGE
IN CONDITION**

- Sudden confusion
- Trouble speaking
- New weakness on one side
- Trouble walking

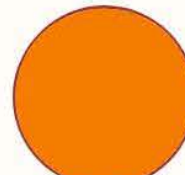
**SEVERE PAIN OR
DISTRESS**

- Severe pain anywhere
- Trouble breathing
- Chest pain
- Extremely restless or agitated

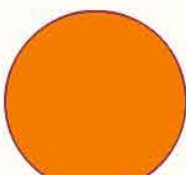
**CALL THE
DOCTOR
SOON
(WITHIN 24
HOURS)**

**INCREASED
CONFUSION**

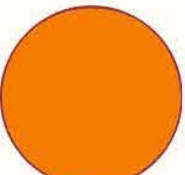
More confused than usual or change in behavior that doesn't improve.

**EXCESSIVE
SLEEPINESS**

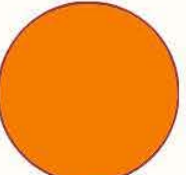
Hard to wake up or sleeping much more than usual.

**HEADACHE**

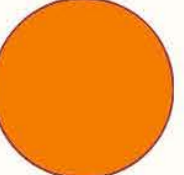
New or worsening headache that won't go away.

**NAUSEA OR
VOMITING**

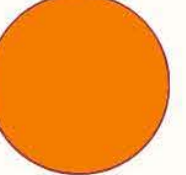
Nausea or vomiting, even if it only happens once.

**NEW PAIN**

New pain in any area that wasn't there before.

**TROUBLE
WALKING**

New trouble walking or loss of balance.

**VISION
CHANGES**

Blurry vision, double vision, or other changes.

**MONITOR
CLOSELY
OVER THE NEXT
24-72 HOURS**

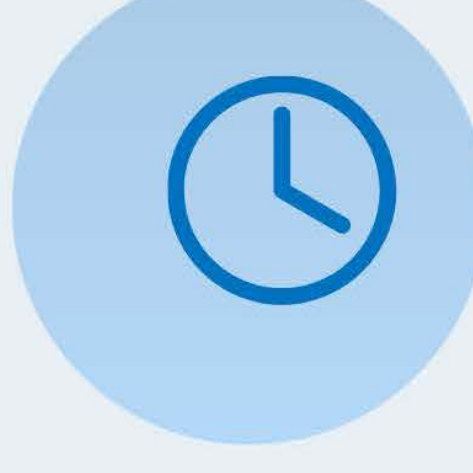
- ✓ Watch for any new symptoms or changes in condition
- ✓ Check for bruising or swelling that gets worse
- ✓ Encourage rest, hydration, and good nutrition
- ✓ Make sure they take medication as prescribed
- ✓ If something doesn't seem right, trust your instincts and call the doctor



You know your loved one best.

If you are worried, it's always better to call.

INFORM THE DOCTOR ABOUT:

 How, when, where the fall happened	 What they were doing before the fall	 All medications (including new or changed ones)	 Medical conditions (especially blood thinners, diabetes, and heart conditions)	 Any symptoms noticed before or after the fall	 Any previous falls in the last 6 months
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