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YOUR FALL RESPONSE PLAN · NOVEMBER 8, 2026

Sample: Fall Response Plan for Margaret

What to do in the hours and days after a fall, and how to help prevent the next one.

FOR YOUR SITUATION

Margaret has had a fall in the past six months. A fall makes another one more likely, so this plan covers what to do now and how to help prevent the next one.

Margaret lives alone, so a way to call for help from the floor, and someone checking in every day, matter most.

Margaret's home has stairs: they're one of the places falls happen most.

This plan is practical guidance, not medical advice, and can't cover every situation. If anyone is hurt or you're unsure, call 911. For health advice any time, call Health811 (dial 811).

Call 911 straight away if

- They hit their head, especially if they take a blood thinner.
- They can't get up, or can't put weight on a leg.
- There's severe pain, bleeding that won't stop, or a limb looks out of shape.
- They seem confused, drowsy, short of breath or unwell.
- You're not sure. It's always OK to call.

Right after a fall

- [ ] Stay calm, and don't rush to lift them. Lifting can cause more harm.
- [ ] Ask where it hurts, and check for injuries before anyone moves.
- [ ] If they're hurt or can't get up easily, keep them warm and comfortable where they are, and call 911.
- [ ] If they're not hurt and feel able: rest first, roll onto their side, get onto hands and knees, and use a sturdy chair to push up slowly. Sit and rest before standing.
- [ ] Write down what happened: time, place, what they were doing, and how they felt before.

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In the next few days

- [ ] Tell Margaret's doctor or nurse practitioner about the fall, even if Margaret wasn't hurt. Ask about a falls-risk review.
- [ ] Watch for new pain, bruising, headache, confusion or changes in walking, and call the doctor or Health811 (dial 811) if anything worries you.
- [ ] Look at the place where Margaret fell together, and fix what you can: clutter, rugs, lighting, a missing rail.
- [ ] Ask the pharmacist to review all medications: some can cause dizziness.
- [ ] Check in more often for a while: a fall can shake confidence as well as the body.

Helping prevent the next fall

- [ ] Clear walkways and secure or remove loose rugs and cords.
- [ ] Add night lights from bedroom to bathroom, and light at both ends of stairs.
- [ ] Make sure stair rails are sturdy and run the full length; consider grab bars, professionally installed.
- [ ] Ask the doctor about strength and balance exercise, or a falls-prevention class.
- [ ] Get eyesight and hearing checked, and wear well-fitting shoes with grip, indoors and out.
- [ ] Think about whether Margaret's bedroom and bathroom could be on one floor for a while.

Being able to call for help

- [ ] Agree who checks in on Margaret every day, and what happens if they can't be reached.
- [ ] Keep a phone within reach from the floor in the rooms used most, or carry one.
- [ ] Consider a medical alert device or a watch with fall detection. No device detects every fall.
- [ ] Leave a spare key with a trusted neighbour, or use a lockbox, so help can get in.

For a room-by-room session to make Margaret's home safer, see the 2-Hour Safer Home Action Guide, or the Personalized Family Plan for the whole picture. senestro.ca/pricing

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Record of the fall

Take this to the doctor. Type into the boxes, or print and write.

Date and time

Where it happened

What they were doing

How they felt before (dizzy, rushed, tired?)

Injuries and what was done

Medications taken that day

What we'll change at home

Doctor told on (date)

Follow-up booked for