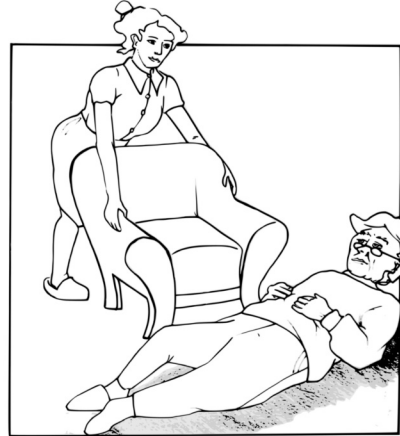


1. Assess the situation and the state of your loved one. **If he or she is visibly injured do not try to assist him or her in moving. Call 9-1-1 and help your loved one stay calm while waiting for help.** Encourage slow, deep breathes and talk to them. If he or she is not visibly injured you can begin to help your loved one up.



2. Grab a sturdy chair and bring it close to your loved one.



3a. Assist your loved one in rolling over to one side.



3b. If your loved one is on his or her back, bend the knees and gently roll them over onto a side. Instruct him or her to use hands and elbows to push to a kneeling position.



4. Place the sturdy chairs in front of your kneeling loved one. Your loved one should use the chair to support them as they bring one foot forward and press from a kneeling position to a standing position. You may guide him or her, but do not physically strain to lift them.



5. Stabilize your loved one as he or she is standing, then slowly help them turn and sit down on the chair just used to help lift them off the ground.



6. Always let a doctor know your loved one fell. The doctor will make sure there are no invisible injuries.