

Alzheimer's Caregiving Tip



How to Help Your Loved One Get Up From a Fall



1. Allow the individual to remain laying down while you check for injuries. Respond in a calm and reassuring manner, as your relative will take their cue from you.



2. Ask if they can move and if they are experiencing any pain. If not, gently assist your loved one to roll on their side to rest. Have two chairs nearby placed facing each other.



3. Have the individual position themselves on all fours, then gently push to place their hands on the chair for support.

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4. Guide the person to push themselves up one leg at a time using the chair in front of them while positioning the second chair close behind them.



5. Assist the person to stand up and reach back to feel the chair behind them to sit. Avoiding lifting the person if there are undetected injuries.

It is important to let the individual to do the work, you should only be there for guidance. Be sure to calm your loved one throughout the process and call 911 if necessary.

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