

Community Alarm information

These alarms can be worn as a pendant or like a watch on your wrist. If you press the alarm in an emergency, a central office is alerted.

What you need:

- A telephone and a nearby electrical socket
- Up to 2 key holders available 24hours a day, who live locally or can get to you reasonably quickly.

What happens:

1. Fall
2. Press alarm
3. Centre calls you
4. If no answer they call the key holder
5. If no response from key holder, a response officer goes to your home, and may have to force entry.

Assessment for and installation of a community alarm may or may not incur a charge. Please discuss with a care manager in your local Social Services.

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Contact details

Tri-borough Falls Prevention Service
St Charles Centre for Health & Wellbeing
Exmoor Street
London, W10 6DZ
Tel: 020 8102 5494

www.clch.nhs.uk

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak confidentially to the PALS team on 0800 368 0412 or email clchpals@nhs.net

Central London Community Healthcare **NHS**
NHS Trust

Barnet ■ Hammersmith and Fulham ■ Kensington and Chelsea ■ Westminster

Coping with a fall



A guide on how to manage if you fall, whether or not you can get up from the floor

Falls Prevention Service

I CAN'T GET UP

SUMMON HELP:

- Shout and bang something (wall, radiator).
- Press your pendant alarm.
- Use the telephone if you can (dial 999). Consider having a mobile or cordless phone

GET WARM AND COMFORTABLE:

- Find something to keep you warm e.g. a tablecloth, a blanket or rug.
- Find a nearby pillow or cushion.
- Roll up an item of clothing and place under your head or between knees and ankles.
- Roll away from damp areas if you need to pass water.

KEEP MOVING:

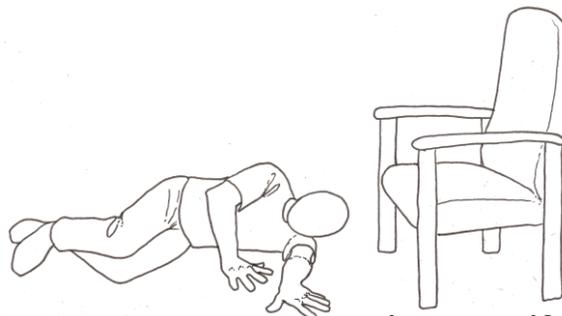
- Rolling from side to side and moving your limbs will help to reduce pressure sores and keep you warm as it maintains circulation and decreases stiffness.

KEEP YOUR FLUIDS UP:

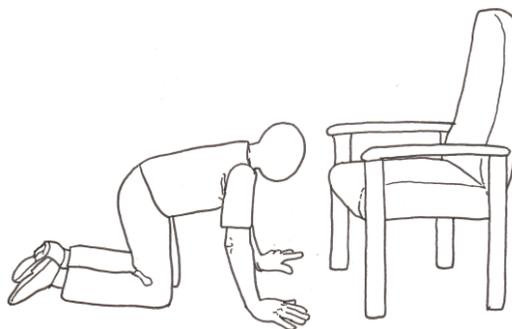
- Keep a bottle of water in each room

I CAN GET UP

1. Take your time and rest between stages
2. Check for injuries
3. Roll onto your side



4. Using your arms, push yourself onto your hands and knees
5. Crawl or bottom shuffle to a sturdy piece of furniture



6. Put your hands onto the piece of furniture and bend your stronger leg up



7. Use your arms to raise into standing position



8. Turn yourself gently, sit and rest

