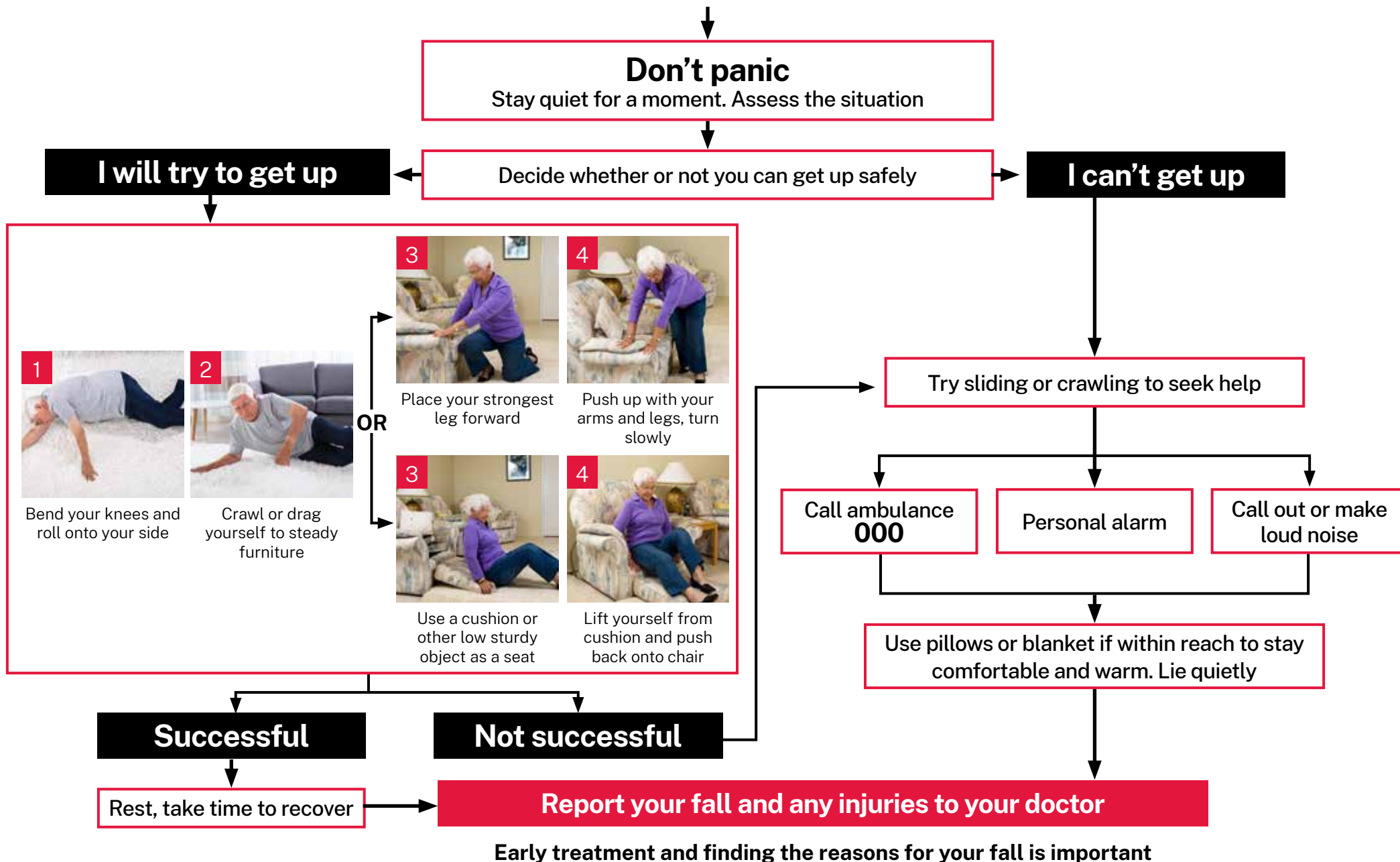


What to do if you fall at home



Be prepared, have a plan in case you fall or for any other emergency.

Who will I contact to help?

- Have a medical alert system that raises an alarm.
- Have a cordless or mobile phone with you at all times.
- Know who to call for help.

Name

Contact Number:

Name

Contact Number:

- Have a list of numbers near the phone or programmed into speed dial.
- Ring 000.

☐ Tick the box when completed

How will they get into the house to help me?

- Let trusted family, friends and neighbours know how to get into your home, in the event you cannot get to the door.
- Leave a house key with a trusted family member, friend or neighbour.
- Leave a spare key in a safe place or combination box outside the house. Make sure they know the pin.

☐ Tick the box when completed

How will anyone know I need help?

- Aim to make daily contact with friends, neighbours, carers or family.
- If you don't have anyone and are registered for My Aged Care, Red Cross can provide a daily telephone call to check on your wellbeing. The service is called Telecross. Register online – redcross.org.au/telecross or call 1300 885 698.

Being prepared is peace of mind.



Central Coast
Local Health District

For more information visit:

healthpromotion.com.au/healthy-ageing

activeandhealthy.nsw.gov.au

gethealthynsw.com.au

Phone: Central Coast Health Promotion Service 4320 9700