

Facts on falls

- On average, one of every three adults over 65 falls each year.¹
- Older adults who have fallen previously are 2-3 times more likely to fall again in the following year.²
- The first two weeks after discharge from the hospital are a high risk time for falls; falls occur 4 times more frequently compared to three months after discharge.³

“Before I had Lifeline, I fell and it took me 5 hours to get to a phone. Since getting Lifeline I have had a couple of incidents where I couldn’t walk and all I did was push my button. Somebody was here within 10 minutes. Lifeline is great.”

- W. Roskus

Philips Lifeline’s Medical Alert Service can get help fast, which can make a significant difference in survival and recovery.

The American Red Cross proudly offers the Lifeline service.

For more information or to order Lifeline, please call:

1-800-959-6989

Refer to code:

1REFX	HF3	CA706
A	B	C

1. Tinetti, ME, Speechley M, Ginter SF. Risk factors for falls among elderly persons living in the community. *N Engl J Med*, 1988; 319:1701-1707

2. Ibid

3. Mahoney JE, MD et al. Temporal association between hospitalization and rate of falls after discharge. *Arch Intern Med*, 2000; 160:2788-2795



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Button signal range may vary due to environmental factors.

How Philips Lifeline works

1. Summon help



When you need help, just press your **Personal Help Button** which activates the Lifeline Communicator.

2. Professional intervention



Your **Communicator** then dials the Lifeline Response Center and establishes two-way voice communication.

3. Personal response



A **Lifeline Response Associate** quickly accesses your profile and assesses the situation.

4. Closed loop



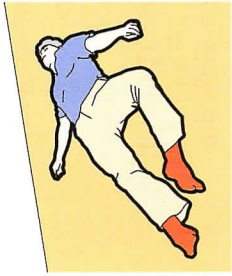
The Associate then contacts a neighbor, loved one or emergency services, based on your specific needs. The Lifeline Response Associate will follow up to confirm that help arrived.

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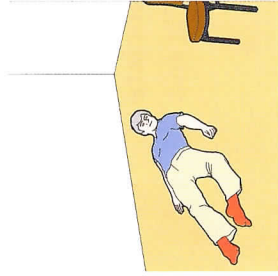
How to get up from a fall

1. Prepare

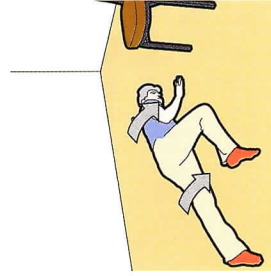
Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.



Look around for a sturdy piece of furniture, or the bottom of a staircase. Don't try and stand up on your own.

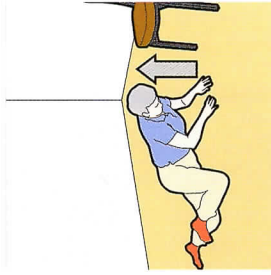


Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.

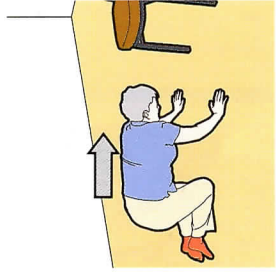


2. Rise

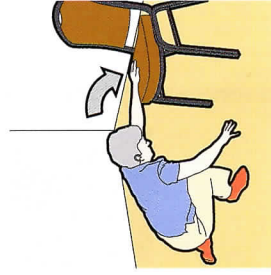
Push your upper body up. Lift your head and pause for a few moments to steady yourself.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.



3. Sit

Keep the other leg bent with the knee on the floor.



From this kneeling position, slowly rise and turn your body to sit in the chair.



Sit for a few minutes before you try to do anything else.



Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.



Philips Lifeline. Sharing your concern for falls safety.

Source: Baker, Dorothy, Ph.D., RNCS, Research Scientist, Yale University School of Medicine New Haven, Connecticut; Connecticut Collaboration for Fall Prevention.

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