



# The First Fall: What to Do Next – A Guide for Families



# Introduction

A parent or loved one has just experienced their first fall.  
It can be a frightening and emotional moment,  
especially if you're unsure what to do next.

Whether the fall caused an injury or not, it's often a sign  
that something has changed – and it may be time to re-  
evaluate their home environment and level of support.

This guide is here to help you through the next steps  
with calm, practical advice. No panic, no pressure. Just  
clarity and care.



# Step 1: Check for Injuries and Stay Calm

**Falls can be disorienting. If you're present at the time of the fall:**



Stay calm and reassure your loved one.



Check for signs of injury, such as bruising, bleeding, or pain when moving.



If they're conscious and responsive, help them get comfortable and keep them warm.



If they can't get up or seem disoriented, call 111 for medical advice or 999 if there's a clear emergency.

**If you're not there: Encourage your loved one to always tell someone if they've had a fall, even if it seemed minor.**

# Step 2: Reflect on the Cause



**Understanding what led to the fall helps prevent the next one.**

**Ask:**



Were they rushing to the bathroom?



Did they trip over a rug or lose balance?



Was there a medical reason, such as dizziness or a drop in blood pressure?

**Falls aren't always random. They often have clues.**



# Step 3: Review the Home Environment

**Take a fresh look at their home, especially the area where the fall happened. Use this mini checklist.**

## Home Hazard Checklist:

- ☐ Loose rugs or uneven flooring
- ☐ Poor lighting in hallways or stairs
- ☐ Cluttered walkways
- ☐ Slippery bathroom surfaces
- ☐ No grab rails or support handles
- ☐ Shoes or slippers without grip



## **Make quick wins:**

Replace slippery mats with non-slip ones

Install motion-sensor night lights

Rearrange furniture to create wider walking paths



# Step 4: Talk About It (Gently)



**The first fall can feel like a loss of independence.**

Start conversations with empathy, not alarm:

**Instead of:** "You need to move to a care home."

**Try:** "I want to make sure you feel safe and confident at home. Can we talk about a few ways to help?"



Involve them in decisions



Emphasise how changes are about support, not control



Share your concern as love, not judgement



# Step 5: Consider Next Steps for Prevention



**This isn't about wrapping them in bubble wrap – it's about taking proactive, respectful steps that reduce risk.**

## **Options to explore:**



A visit from an occupational therapist for a home safety assessment



Gentle strength and balance exercises (e.g. tai chi or chair yoga)



Regular medication reviews



Technology that supports safety discreetly (like motion sensors or fall detection)

# Silver Shield: Peace of Mind Without Compromise



**Silver Shield** is a non-intrusive, privacy-preserving fall detection system that works without the need for wearables or cameras. It monitors activity patterns in the home and alerts you immediately if a fall is detected — offering peace of mind whether you're in the next room or miles away.

## Key benefits of Silver Shield:

- ✓ Real-time fall detection
- 📶 24/7 activity monitoring
- 🧘 Designed for dignity and privacy
- 🔌 No charging, no wearables

**It's a quiet guardian, always watching out when you can't.**

Learn more about Silver Shield [here](#).



# When to Escalate to Hospital or GP

## Call **999** if there is:

A head injury or unconsciousness  
Suspected broken bones  
Inability to move or severe pain



## See a GP if:

There are frequent "near misses"  
There are new symptoms like dizziness, confusion, or vision changes  
You're unsure whether the fall may be linked to medication



# Final Thoughts




You don't need to have all the answers right now.  
The fact that you're looking for guidance shows how  
much you care.


Taking thoughtful, steady steps after a fall can make  
all the difference. With the right approach, your loved  
one can continue living safely and confidently at  
home.

For more helpful resources and support, visit **[spark-care.co.uk](https://spark-care.co.uk)**.


***Spark Care is proud to support families with compassionate,  
future-ready solutions that protect dignity while promoting  
independence.***



 01635 019608

 [spark-care.co.uk](https://spark-care.co.uk)

 [hello@spark-care.co.uk](mailto:hello@spark-care.co.uk)

 The Old Granary, Harepath Farm, Burbage,  
Marlborough, Wiltshire, SN8 3BT