How to Get Up from a Fall:

1. Prepare
   - Sit with the knee on the floor and keep the other leg bent.
   - Turn your body to sit in position, slowly rise, and stand from this kneeling.
   - Steady yourself.
   - Slowly get up on your hands and knees.
   - Lift your upper body up. If you are hurt, call for help using a medical alert service. If you make an injury worse, get in quickly or call the wrong way could.

2. Rise
   - Roll over onto your side by turning your head.
   - Roll up onto your hip, shoulder, and elbow. Then move your leg over.

3. Sit
   - Place your hands on the seat of the chair.
   - Slowly slide one foot forward so it is flat on the floor.
   - Roll your body towards the chair. Place your hands on the seat, step with your knee on the floor, and slide the other foot under your body.
How the Lifeline Service Works

1. Summon help

2. A reassuring voice will answer your button.

3. Know help is on the way.

Know help is on the way.

Your profile and assess the situation.

A Lifeline Response Associate will call you.

Hear a reassuring voice.

If you have one of our emergency service based on your specific needs, and will follow up to confirm that help has arrived.

Our associate will contact a neighbor, loved one, or emergency service based on your call.

Survival and Recovery

Facts on Falls

- On average, one out of every three adults over 65 falls each year.
- The first two weeks after discharge from the hospital are a high risk time for falls.
- Falls occur 4 times more frequently during the 3 days immediately following discharge.
- Order adults with new fallen awareness are 2.3 times more likely to fall again in the following year.
- Wally's best friend, Wally Ross, was discharged recently and almost fell twice.
- He tested his Lifeline button with no problems.
- Someone was there within 10 minutes.

Call today:
1-800-443-3546
(1-800-LIFELINE)

www.lifelineysystems.com