

# The Up and About PLAN

What to do if you have a fall.



Roll onto your hands and knees and crawl to a stable piece of furniture such as a bed or chair.



With hands on the support, place one foot flat on the floor bending your knee in front of your tummy.



Lean forwards, push on your hands and bring your feet together and stand up.



Turn and sit on the seat. Rest a while before getting up.