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.

1-800-368-2925

How the Lifeline Service works

1 Summon help
Simply push your Lifeline Help Button at any time to connect to our 24/7 Response Center.

2 Hear a reassuring voice
A Lifeline Response Associate will access your profile and assess the situation.

3 Know help is on the way
Our Associate will contact a neighbor, loved one, or emergency services based on your specific needs, and will follow up to confirm that help has arrived.

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

* AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help. © 2010. All rights reserved. Button signal range may vary due to environmental factors.
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.

Philips Lifeline. Sharing your concern for falls safety.