What to do if you fall

If you do fall, try not to panic. Although you may feel a little shaken and shocked, try to stay calm, gather your thoughts and remember what you need to do.

If you don’t feel hurt and you feel able to get up:

Take your time and don’t get up too quickly

Roll onto your hands and knees and look for something stable, such as a chair or bed

Holding onto the furniture, slowly get up

Sit down and rest for a while to recover

If you do feel hurt or are unable to get up:

Try to get someone’s attention, either by shouting or making a noise, or by using your personal alarm or mobile phone to call 000 if you have one.

While you are waiting for help, get as comfortable and warm as you can. For instance, try to get to a carpeted area if you can, and try to reach something warm to put over you (particularly your legs and feet) such as a blanket, towels or a coat.

Unless you suspect a fracture, try to change your position every half an hour or so. Moving regularly will keep you more comfortable and avoid pressure sores.

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