

TeamTalk Session Guide

Session No. 201

Falls Prevention

An Individual is not given advice about what to do after a fall

Session aim

To help staff understand why people at risk of falls need clear advice about what to do after a fall, including how to get help and when to call for assistance.

Suggested session length

12 to 15 minutes

Session structure

Play Part 1 • Pause for discussion • Play Part 2 • Pause for discussion • Play Part 3 • Final discussion and close

Set the scene

In this session, staff will reflect on why it is important that people at risk of falls know what to do if they fall when alone. The scenario explores what can happen when someone feels embarrassed, is unsure how to get help, and has not been given clear advice or reassurance.

Opening discussion

Start the session by informing the team you are facilitating a short reflective learning session to look at how people we support might not know what to do if they fall or how to reduce the chance of falling. Ask the team if they have any recent experience of people they support having falls, and what can be done to support them?

Play Part 1 of the video (until the first pause point)

Pause and discuss after Part 1

Why is it important to give advice on what to do if they fall?

- The person may be left frightened, isolated, or at risk.
- They may try to manage alone when it is not safe.
- They may delay getting help.
- A lack of information could increase risk and reduce confidence.

What concerns do you notice here?

- The person feels embarrassed to speak up.
- They do not know what to do after a fall.
- They do not know when or how to get help.
- They may be coping alone without enough support.
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What could happen if the person does not know what to do after a fall?

- They may remain on the floor for too long.
- They may panic or become distressed.
- They may try to get up unsafely.
- They may lose confidence and become more isolated.

Pause and discuss after Part 2

What risks does this situation present?

- The person may panic or struggle up unsafely.
- They may delay calling for help.
- They may come to harm by trying to manage alone.
- Repeated uncertainty may increase anxiety and risk.

Why is it important that people know what to do after a fall?

- It improves safety.
- It reduces panic.
- It helps them get the right support more quickly.
- It can prevent further harm.

How might this affect the person's confidence and independence?

- They could become more frightened of falling.
- They may lose confidence in living independently.
- They may avoid activity because they feel unsafe.
- Good advice can improve both safety and reassurance.

Final discussion

What should people at risk of falls be told?

- How to call for help.
- When not to try to get up alone.
- When urgent support is needed.
- What local support options are available.

How does this support independence as well as safety?

- It helps people feel more confident.
- It reduces fear and uncertainty.
- It gives people a clear plan if something happens.
- Good falls management supports independence as well as safety.

What could we do in our setting to make sure people are not left guessing after a fall?

- Check people know how to raise the alarm.
- Make sure advice is explained clearly and repeated if needed.
- Ensure people have access to the right equipment or information.
- Record concerns and review support plans where needed.

Key learning points

- Falls management includes helping people know what to do afterwards.
- Good information supports both safety and confidence.
- People should not be left guessing after a fall.
- Clear advice can help reduce panic and support independence.

Speaking up examples

- "Have you been shown what to do if you fall when alone?"
- "Do you know how to call for help if this happens again?"
- "Let's go through what support is available and when to use it."

Reflective question

How do we make sure people in our setting know what to do if they fall when alone?

Further support

- [NICE: Falls in older people: assessing risk and prevention](#)
- [NHS: Falls advice for older adults](#)
- [Age UK: Falls prevention and staying safe at home](#)