

OUR SERVICES

We have a number of services that support adults of all abilities to live healthy, active and connected lives.

We offer services from our sites at Kyneton, Sunbury and Romsey and work with community members from across Sunbury and the Macedon Ranges.

Our services include:

Physiotherapy
Occupational Therapy
Exercise Physiology
Podiatry
Diabetes Education
Dietetics
Cardiac Rehabilitation
Pulmonary Rehabilitation

We also run a number of exercise groups for people of different ages and abilities. They each have a different focus depending on what you need.

CONTACT US

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9744 4455 - Sunbury
5421 6000 - Romsey

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Getting up From a Fall



WHAT SHOULD I DO IF I FALL AT HOME?

- Assess the situation especially if injured.
- Don't panic.
- Stay calm, remain positive and assess the situation.
- Decide whether or not you can get up safely.

CAN YOU GET UP SAFELY?

YES

1. Try rolling onto your side and push up onto your hands and knees.
2. Use stable furniture to help you get up.
3. Tell someone you have fallen and seek medical assistance.

CAN YOU GET UP SAFELY?

NO

1. Get somebody's attention:
 - Press your personal alarm
 - Reach for a phone
 - Make a loud noise
2. Use pillows/blankets within reach to stay warm and comfortable.
3. Once help has arrived, tell someone you have fallen and seek medical assistance.

USING MY ARMS

1. Turn onto your back



2. Roll onto your side



3. Push onto your hands



4. Prop yourself up with both arms behind you



5. Use a cushion (or other low sturdy object) as a low seat



6. Lift bottom back onto cushion



7. Push as far back as possible



8. Lift bottom back onto chair



9. Sit down. Rest and tell someone you have fallen



USING MY KNEES

1. Turn onto your back



2. Roll onto your side



3. Push onto your hands



4. Push up onto your hands and knees



5. Kneel, using stable furniture to steady yourself



6. Place your strongest leg forward



7. Stand up



8. Turn slowly



9. Sit down. Rest and tell someone you have fallen

