



What to Do When Your Parent Falls

“Did your parent fall? Don't panic. Here's what to do next.”

A photograph of a family of four—two adults and two older adults—smiling and hugging each other outdoors in a park-like setting with trees in the background.

Helping you find
answers, resources,
and *peace of mind*
for your aging parents.

♥

- CARE NAVIGATION
- COMMUNITY RESOURCES
- HEALTHCARE SUPPORT
- PEACE OF MIND

♥ You don't have to do it alone. We're here to help every step of the way. *Because they gave so much. You deserve support.* ♥

Michelle Berry, RN

Founder | Aging Parent Resource Hub

www.AgingParentResourceHub.net

Right after the Fall



👁️ Watch For

- Severe pain or obvious injury
- Trouble getting up or standing
- Confusion or unusual behavior
- A head injury or loss of consciousness

✅ What You Can Do

- ✓ Stay calm and keep your parent still
- ✓ Check for obvious injuries
- ✓ Don't rush them back to their feet
- ✓ Get medical help if something seems wrong

💡 RN Insight

After a fall, the first priority is safety—not getting your parent back on their feet as quickly as possible.

When to Get Medical Help



👁️ Watch For

- Severe pain or an obvious injury
- Loss of consciousness or a head injury
- New confusion, weakness, or trouble speaking
- Inability to stand or walk normally

✅ What You Can Do

- ✓ Get emergency help for serious symptoms
- ✓ Don't move them if you suspect a serious injury
- ✓ Have a healthcare provider assess unexplained pain
- ✓ Tell the provider about the fall, even if they seem okay

💡 RN Insight

A fall can cause an injury that isn't immediately obvious. When in doubt, it's safer to have your parent evaluated.

What to Tell the Healthcare Provider



👁️ Watch For

- Where and when the fall happened
- Whether your parent hit their head
- Any pain, swelling, or bruising
- Changes in walking, balance, or behavior

✅ What You Can Do

- ✓ Write down exactly what happened
- ✓ Note any injuries or new symptoms
- ✓ Bring a current medication list
- ✓ Tell the provider about previous falls

💡 RN Insight

Even if your parent seems fine afterward, telling their healthcare provider about the fall can help uncover problems that may increase their risk of falling again.

What to Look for Afterward



👁️ Watch For

- New or worsening pain
- Increased confusion or unusual behavior
- Changes in balance or walking
- Bruising, swelling, or difficulty moving

✅ What You Can Do

- ✓ Keep an eye on your parent after the fall
- ✓ Follow any instructions from their healthcare provider
- ✓ Make note of new or worsening symptoms
- ✓ Contact their provider if you have concerns

💡 RN Insight

Don't assume everything is fine just because your parent feels okay right away. Pay attention to changes and speak with their healthcare provider when something doesn't seem right.

Preventing the Next Fall



👁️ Watch For

- Loose rugs, cords, or clutter
- Poor lighting or dark walkways
- Unsteady walking or balance problems
- Shoes that don't fit securely

✅ What You Can Do

- ✓ Clear pathways around the home
- ✓ Improve lighting, especially at night
- ✓ Encourage safe, supportive footwear
- ✓ Ask the healthcare provider about fall-risk concerns

💡 RN Insight

One fall can be a warning sign that something has changed. Looking at what contributed to the fall can help reduce the risk of another one.



What to do next

Noticing one or more of these signs doesn't necessarily mean your loved one is seriously ill—but it does mean it's time to pay closer attention.

The earlier concerns are recognized, the more options families often have for getting the right support and planning ahead.

If you're feeling overwhelmed or unsure where to start, you don't have to figure it out alone.

I'm here to help.

Michelle Berry, RN

Founder | Aging Parent Resource Hub

Helping families:

- Navigate the healthcare system
- Understand medical recommendations
- Find community resources
- Create a plan of care with confidence

Schedule your FREE 15-minute consultation

 AgingParentResourceHub.net



Meet Your Patient Advocate

Michelle Berry, RN

With more than 14 years of nursing experience, I've helped patients and families navigate the often-overwhelming healthcare system. I created Aging Parent Resource Hub because I believe caregivers deserve trusted guidance, practical resources, and peace of mind while caring for an aging loved one.

I can help you with:

- Understanding medical recommendations
- Finding community resources
- Coordinating care
- Preparing for difficult healthcare decisions
- Creating a personalized action plan
- Understanding Medicare and insurance options

You don't have to navigate this journey alone. I'm here to help.

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