



TEC Programme Falls Films

Upwards & Onwards resources

Upwards and Onwards film

In this film viewers hear from people who've been through it themselves about how to get up after a fall, and what to do if you're hurt or can't get up. Viewers can watch the full 20-minute film, or chose an excerpt.

'Upwards & Onwards' full film (19m 56s), and/or

Part One: How to get up (9m 25s)

Part Two: If you can't get up (4m 36s)

Part Three: Every fall is different (3m 37s)

Part Four: Prevent (3m 2s)

What to do if someone falls film (7m 53s)

In this film, viewers hear from people who've been through it themselves about what to do if you're helping someone who has fallen.

What to do if someone falls leaflet

There is also a downloadable leaflet (A4 folded to A5) about helping someone who has fallen.

Who are the resources for?

The resources target:

- ✓ People who may be at increased risk of falling - predominantly but not exclusively people of 50+.
- ✓ Telecare key holders/volunteer responders.
- ✓ Family, friends and unpaid carers.
- ✓ The wider public.

Where to find the films

NHS inform

The falls films are included in NHS inform's falls content in the section 'Preventing Falls' - 'What To Do if You Fall.'

Link: <https://www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall>

TEC Scotland website

Link: <https://tec.scot/resources/>

How to preview the films and how to put them on your own website

Vimeo

You can put the films on your own website by using the embed codes provided below.

We strongly recommend you embed the videos on your site from Vimeo, not YouTube because many workplaces block YouTube.

Title	detail	Vimeo Preview url	Vimeo Embed code
How to get up	Extract 1, 9 mins	https://vimeo.com/392921950	<iframe src="https://player.vimeo.com/video/392921950" width="640" height="640" frameborder="0" allow="autoplay; fullscreen" allowfullscreen></iframe> <p>How to get up from Digital Health and Care Scotland on Vimeo.</p>
If you can't get up	Extract 2, 4 mins 30 secs	https://vimeo.com/392924526	<iframe src="https://player.vimeo.com/video/392924526" width="640" height="640" frameborder="0" allow="autoplay; fullscreen" allowfullscreen></iframe> <p>If you can't get up from Digital Health and Care Scotland on Vimeo.</p>
Every fall is different	Extract 3, 3 mins 30 secs	https://vimeo.com/392927879	<iframe src="https://player.vimeo.com/video/392927879" width="640" height="640" frameborder="0" allow="autoplay; fullscreen" allowfullscreen></iframe> <p>Every fall is different from Digital Health and Care Scotland on Vimeo.</p>
Prevent	Extract 4, 3 mins	https://vimeo.com/392934420	<iframe src="https://player.vimeo.com/video/392934420" width="640" height="640" frameborder="0" allow="autoplay; fullscreen" allowfullscreen></iframe> <p>Prevent from Digital Health and Care Scotland on Vimeo.</p>
Upwards and onwards	Full film 20 mins	https://vimeo.com/392914723	<iframe src="https://player.vimeo.com/video/392914723" width="640" height="640" frameborder="0" allow="autoplay; fullscreen" allowfullscreen></iframe> <p>Upwards and Onwards from Digital Health and Care Scotland on Vimeo.</p>
What to do if someone falls	Aimed at families/careers 8 mins	https://vimeo.com/392919381	<iframe src="https://player.vimeo.com/video/392919381" width="640" height="640" frameborder="0" allow="autoplay; fullscreen" allowfullscreen></iframe> <p>What to do if someone falls from Digital Health and Care Scotland on Vimeo.</p>

YouTube

We're giving you the YouTube links as well, but we strongly recommend you embed the videos on your site from Vimeo, not YouTube. Many workplaces block YouTube.

Title	detail	YouTube Preview url	YouTube Embed code
How to get up	Extract 1, 9 mins	https://youtu.be/hYdz7sNQgEk	<iframe width="560" height="315" src="https://www.youtube.com/embed/hYdz7sNQgEk" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>
If you can't get up	Extract 2, 4 mins 30 secs	https://youtu.be/kjYKY4V-PtY	<iframe width="560" height="315" src="https://www.youtube.com/embed/kjYKY4V-PtY" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>
Every	Extract 3,	https://youtu.be/puDKS	<iframe width="560" height="315"

fall is different	3 mins 30 secs	PKaWw4	src="https://www.youtube.com/embed/puDKSPKaWw4" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>
Prevent	Extract 4, 3 mins	https://youtu.be/2QGV0_vST60	<iframe width="560" height="315" src="https://www.youtube.com/embed/2QGV0_vST60" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>
Upwards and onwards	Full film 20 mins	https://youtu.be/mbUp9ODetbM	<iframe width="560" height="315" src="https://www.youtube.com/embed/mbUp9ODetbM" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>
What to do if someone falls	Aimed at families/careers 8 mins	https://youtu.be/cEUjOewgWBA	<iframe width="560" height="315" src="https://www.youtube.com/embed/cEUjOewgWBA" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

Suggested text if you are embedding the films in your website (but please do use your own):

What to do if you fall

Anyone can fall, and every fall is different. Watch these short films to find out what to do if you fall, or if you're helping someone who has fallen.

Upwards and Onwards

Hear from people who've been through it themselves about how to get up after a fall, and what to do if you're hurt or can't get up. You can watch the full 20-minute film, or chose an excerpt

>> Insert 'Upwards and onwards' (full film)

>> Insert Four excerpts:

- How to get up
- If you can't get up
- Every fall is different
- Prevention

What to do if someone falls

Hear from people who've been through it themselves about what to do if you're helping someone who has fallen.

>>Insert 'What to do if someone falls'

Click [here](#) [add link to pdf provided] for a leaflet about helping someone who has fallen.

Visit the Telecare Self-Check online tool [link] to find out about the community alarm service in your area. This easy to use online tool allows you to find helpful information on telecare services that could help you live independently at home for longer.

Link: <https://www.nhsinform.scot/campaigns/telecare-try-our-self-check-online-tool>

Social media

Please also share the videos on social media, using the hashtag #UpwardsOnwardsfilms