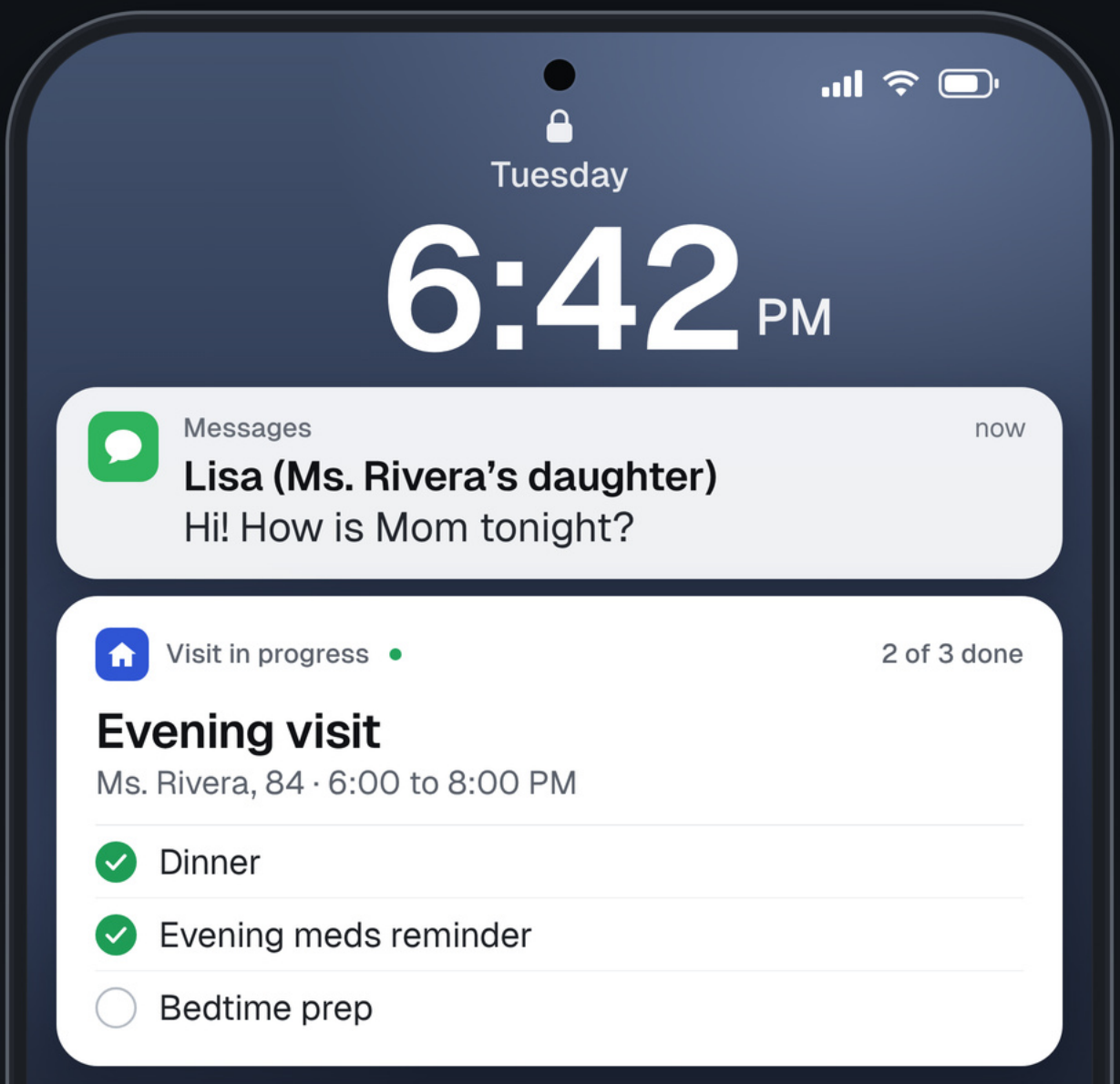
She fell.
She says “I’m fine.”

You are alone with her. What do you do first?

SAMPLE SCREEN



She slips by the kitchen table and sits down hard.

No blood. She is holding her right hip. Then she says:
“I’m fine. Just help me up. And please don’t call my daughter.”

REAL FRAME from our Home Care lesson, at 2:32



Falls are common. So is “I’m fine.”

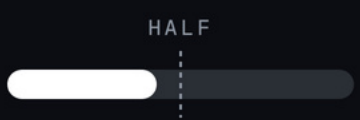
More than 1 in 4

older adults fall each year



Less than half

tell their doctor



88%

of hip fracture ER visits and hospital stays are caused by falls



Source: CDC, Facts About Older Adult Falls (cdc.gov/falls).

Our trainer explains. Then the video stops and asks.

You can’t skip it. To go on, you have to answer.

VIDEO PAUSED Real question in our player

KNOWLEDGE CHECK

The client has sat down hard on the floor and asks you not to call anyone. What is the safest first action?

A Help the client stand up slowly, because staying on the floor may make the client more upset.

B Keep the client still, check for pain, injury, confusion, or urgent danger, and follow the agency’s fall or emergency procedure.

C Call the daughter first, because the family should decide what happens next.

D Ask the client a few questions, and if they say they are fine, continue the visit and document it later.

Choose the action you would take first. After you submit, you will see why it is right or wrong.

Submit



Every answer sounds kind. Only one is safe.

YOUR TURN Real question in our player

The client has sat down hard on the floor and asks you not to call anyone. What is the safest first action?

A Help the client stand up slowly, because staying on the floor may make the client more upset.

B Keep the client still, check for pain, injury, confusion, or urgent danger, and follow the agency's fall or emergency procedure.

C Call the daughter first, because the family should decide what happens next.

D Ask the client a few questions, and if they say they are fine, continue the visit and document it later.

Pick a letter, then swipe.

Your answer turns red at once. Then the lesson explains why.

NOT QUITE Real question in our player

The client has sat down hard on the floor and asks you not to call anyone. What is the safest first action?

A ✗ Help the client stand up slowly, because staying on the floor may make the client more upset.

B ✓ Keep the client still, check for pain, injury, confusion, or urgent danger, and follow the agency's fall or emergency procedure.

C Call the daughter first, because the family should decide what happens next.

D Ask the client a few questions, and if they say they are fine, continue the visit and document it later.

✗ **Not quite. Lifting first can hide an injury. Check the client before moving them.**

Continue ›

C: Family comes after the check and the fall procedure.

D: "I'm fine" can mean embarrassment. Pain can still be there.

B. Keep her still. Check her first.

CORRECT Real question in our player

The client has sat down hard on the floor and asks you not to call anyone. What is the safest first action?

A Help the client stand up slowly, because staying on the floor may make the client more upset.

B ✓ Keep the client still, check for pain, injury, confusion, or urgent danger, and follow the agency's fall or emergency procedure.

C Call the daughter first, because the family should decide what happens next.

D Ask the client a few questions, and if they say they are fine, continue the visit and document it later.

✓ **Great job. Keep the client still, check for injury, then follow the fall procedure.**

Continue ›

She is holding her hip. Lifting first can hide an injury.
Your agency's fall procedure says who to call, and in what order.

Every answer is scored.
You see who needs help.

Fall procedure lesson · Evening team

SAMPLE REPORT

CAREGIVER	STATUS	SCORE	Q1	Q2
Caregiver 01	• Completed	100	✓	✓
Caregiver 02	• Completed	50	✓	✗
Caregiver 03	• Needs review	0	✗	✗
Caregiver 04	• In progress		◌	◌
Caregiver 05	• Completed	100	✓	✓

ⓘ Caregiver 03 chose “help her up” · review suggested

Sample data. Your learning platform records each person’s answers.

“I’m fine” is not a check.

01 Keep her still.

02 Check for pain and injury.

03 Follow your fall procedure.

Your fall procedure, as a lesson your caregivers can’t skip.

AI PRESENTER



Send us one process.
And see what comes back.

vmatrix.io

Try the full Home Care lesson:
vmatrix.io/demos/home-care