

WHAT IS A LONG LIE?

A long lie is when an older adult remains on the floor after a fall for an extended period without help.



Commonly defined as 1 hour or longer on the floor after a fall.



THE DEFINITION

In falls research, a long lie commonly refers to an older adult remaining on the floor for **1 hour or longer** after a fall.

WHY IT MATTERS

The longer someone lies on the floor, the greater the risk of serious complications.



RISKS ASSOCIATED WITH A LONG LIE



Dehydration



Pressure injuries



Hypothermia



Rhabdomyolysis
(Muscle breakdown)



Infection



Psychological distress



Loss of mobility

THE REALITY



In one study of older adults treated by ambulance after a fall:

13%

experienced a long lie of more than 60 minutes.

Source: Close et al., Prehosp Emerg Care. 2014;18(3):414–418.

WHY LONG LIES HAPPEN



Cannot reach a phone



Unable to press an alert button



Not wearing or unable to use a device

Help is not called. The fall goes undetected.

HOW ZEMPLEE HELPS REDUCE THE RISK OF A LONG LIE



PASSIVE, WEARABLE-FREE MONITORING

Ambient sensors continuously monitor movement and activity in the home.



DETECTS POTENTIAL FALLS

Attentive AI™ can identify a fall or unusual inactivity, even if the person cannot call for help.



NOTIFIES CAREGIVERS & CARE TEAMS

Smart alerts help caregivers respond sooner and check on the participant promptly.



FASTER AWARENESS. BETTER OUTCOMES.

Earlier response can reduce complications and help keep participants safer at home.



LONG LIES ARE PREVENTABLE.

With passive fall detection and smart alerting, Zemplex helps care teams respond sooner and protect the health and independence of HCBS participants.



This is for informational purposes only. For medical advice or diagnosis, consult a professional.