

Exercise regularly.

Exercise regularly to build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.



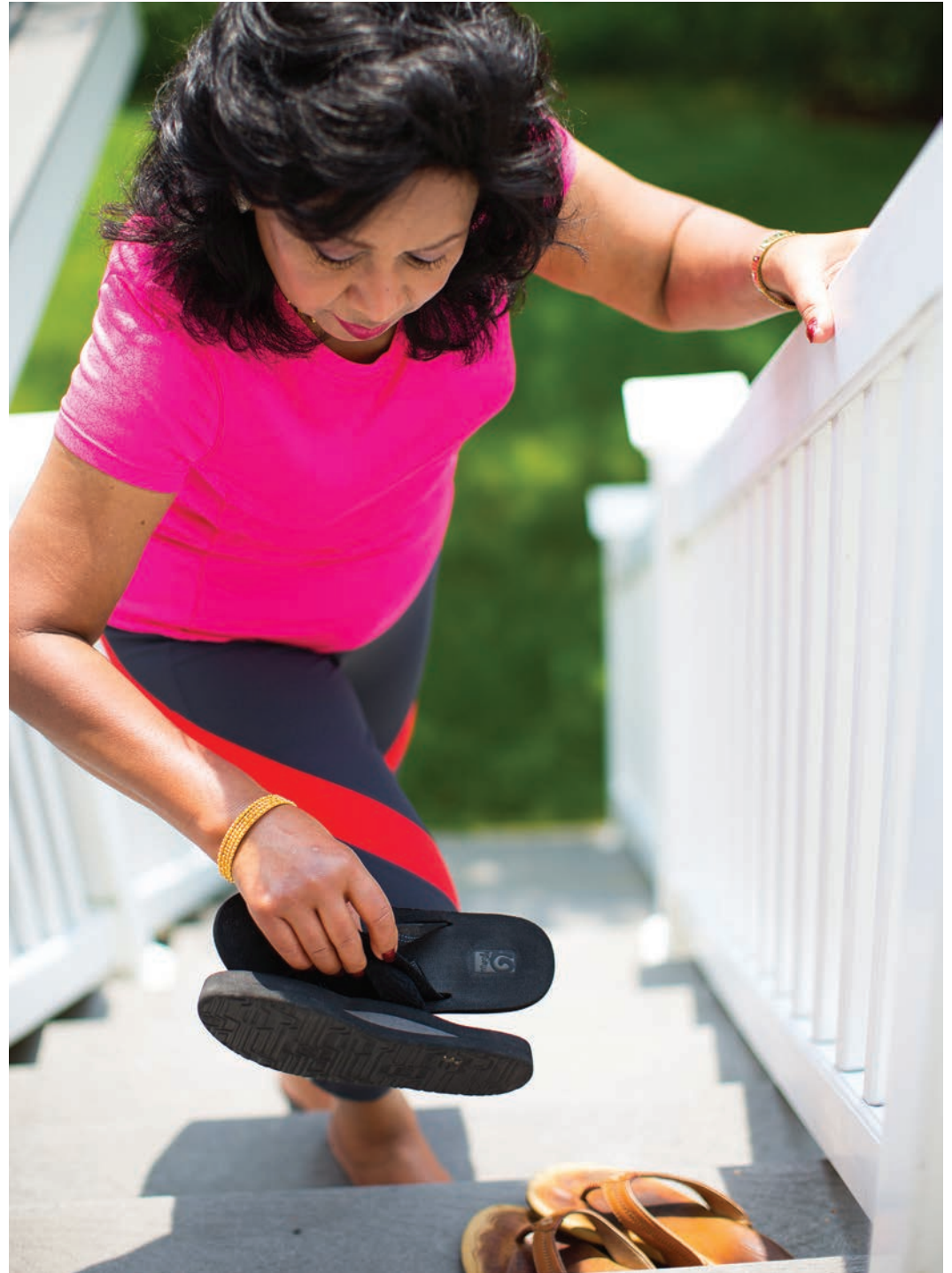
Take your time.

Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.



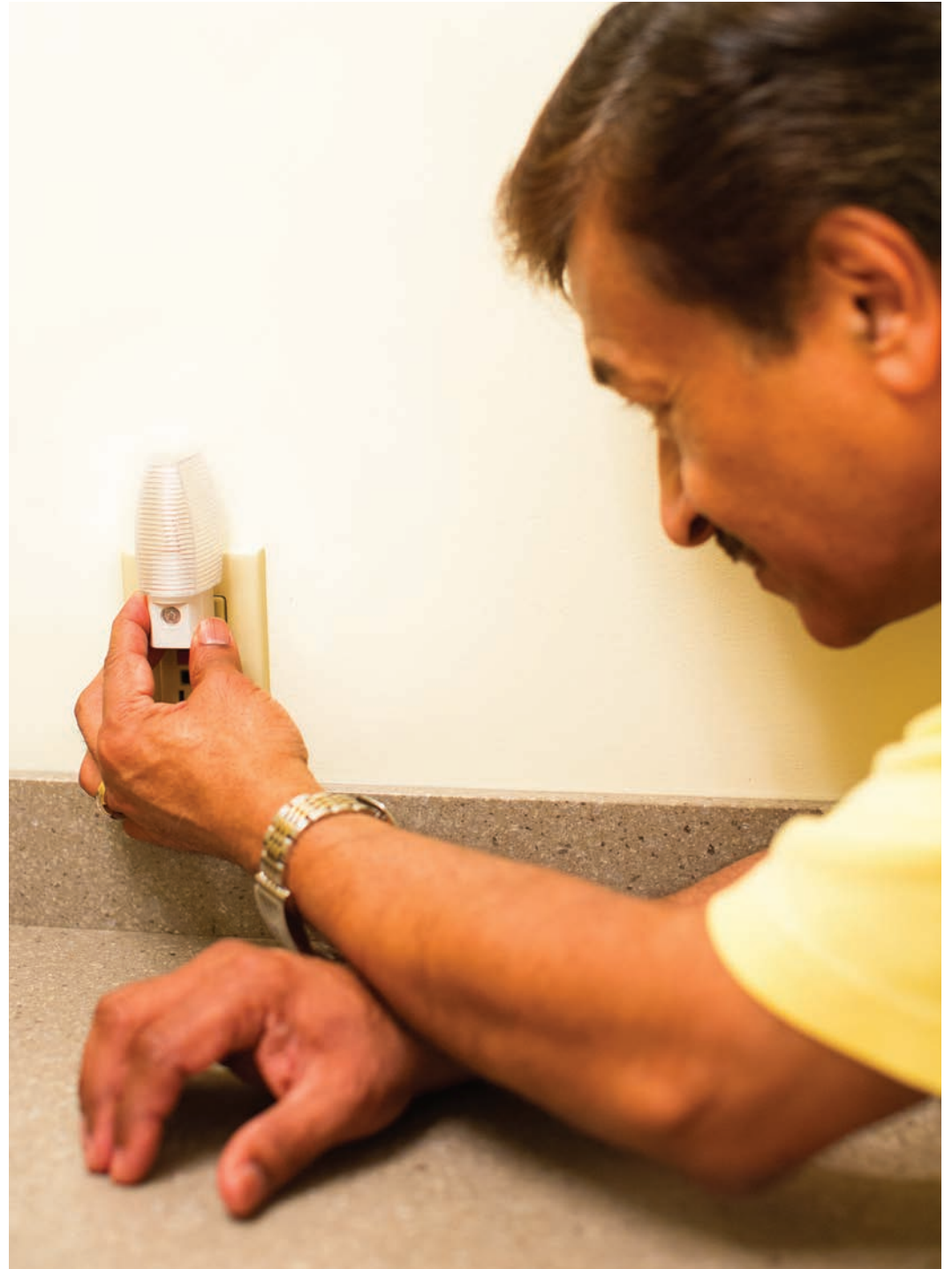
Keep stairs and walking areas clear.

Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other treasures.



Improve the lighting in and outside your home.

Use nightlights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year—better vision can help prevent falls.



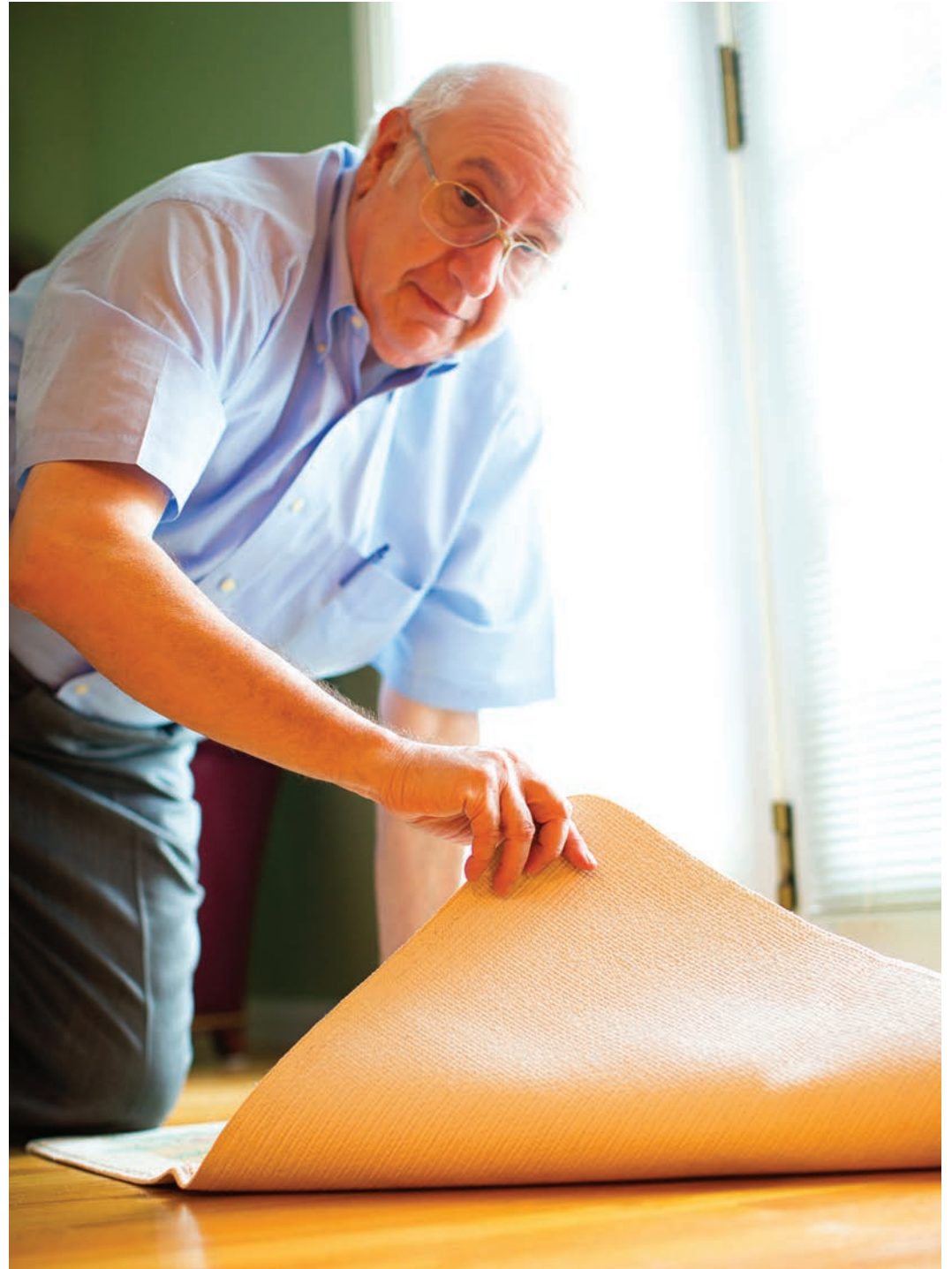
Use non-slip mats.

Use non-slip mats in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.



Be aware of uneven surfaces.

Be aware of uneven surfaces indoors and outdoors. Use only throw rugs that have rubber, non-skid backing. Consider placing non-skid rug pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member or friend to clear ice and snow from outside stairs and walkways and always use hand rails if available. Step carefully.



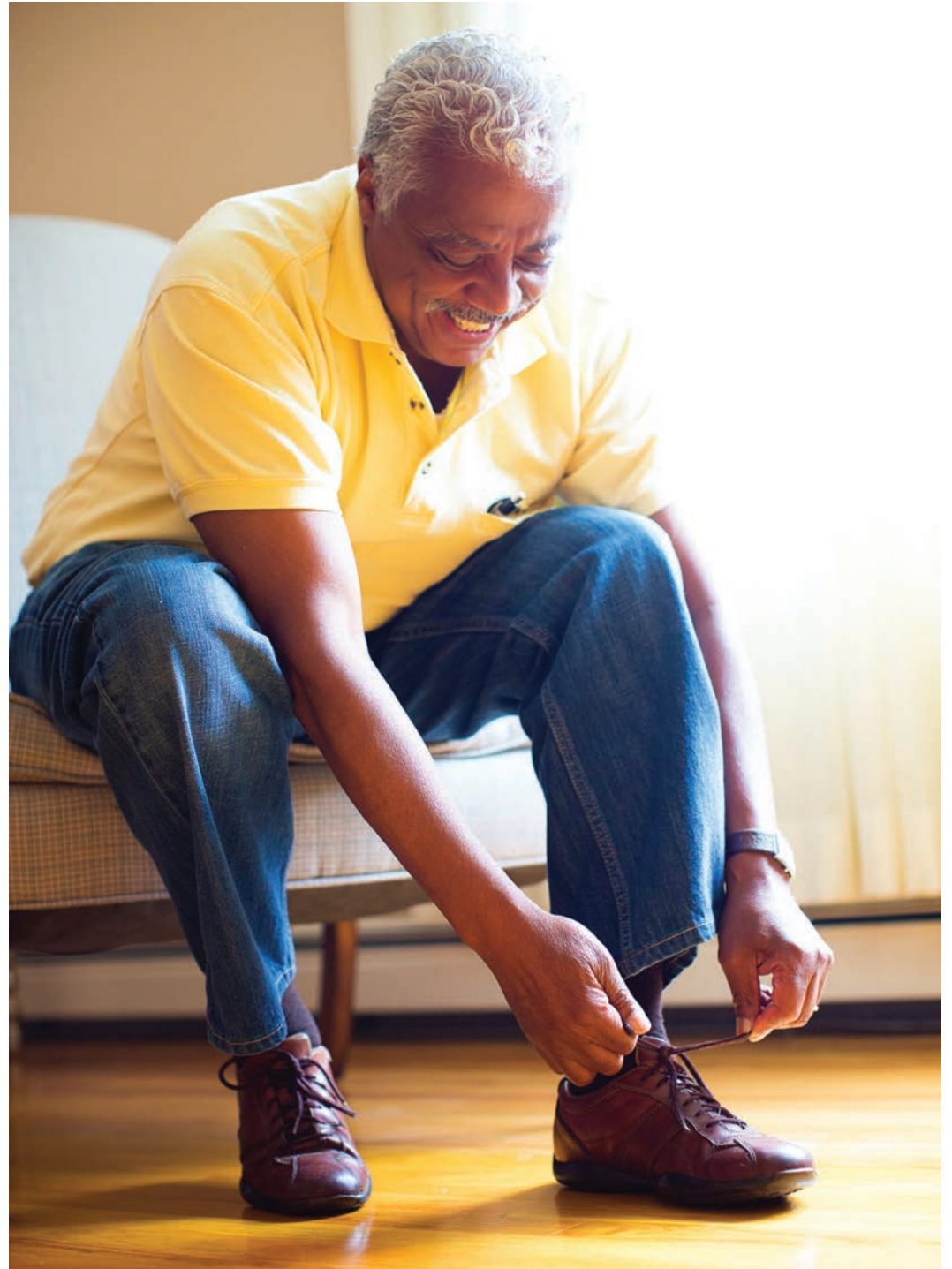
Stairways should be well lit.

Stairways should be well lit from both the top and the bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.



Wear sturdy, well fitting shoes.

Wear sturdy, well-fitting, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.



Remembering When™

A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

