



IT'S FALL Y'ALL, DON'T FALL

- . Keep moving. Stay active. Contact your area agency on aging to find a program you like—take a friend
- . Get regular eye and hearing checkups
- . Wear proper non-slip footwear; avoid heels
- . Light up your living space including outside paths
- . Install night lights, glow in the dark/illuminated switches
- . Organize living space so furniture is not in your way
- . Keep electrical cords out of your path
- . Minimize climbing and bending
- . Remove tripping hazards such as loose rugs
- . Review your medication for possible side effects
- . Get plenty of sleep and avoid or limit alcohol
- . Install assistive devices with special attention in bathroom/shower—use a shower chair, install grab bars, rubber mats, raise toilet height
- . Low, easy to get in and out of bed with light nearby
- . Accessible way to call for help—keep phone in pocket
- . Keep contact numbers of key contact people handy
- . Keep frequently used items and small appliances within reaching distance in the kitchen
- . Use mobility assistance devices—be sure to use brakes when sitting/standing
- . Always stand up slowly
- . Stay safe and enjoy the fall season!