

In your home



- **Bathroom:** Install grab bars in the shower and by the toilet; use shower mats with no-slip grip on the bottom.
- **Bedroom:** Install a night light; avoid tripping by using sheets and blankets that do not reach the floor.
- **Stairs:** Install hand rails; don't leave anything on steps.
- **Kitchen:** Store often-used foods and equipment on easy to reach shelves to avoid the temptation to climb up on a chair or step ladder.

For your health



Have your
eyes
checked
regularly.

Track medication
and pay attention for
side effects, especially
dizziness and dehydration.

Have an
annual
wellness visit
for a full physical.

Exercise



Walk
every day
if possible.

Use the
arm chair
exercise
videos
on our
website.



If you are in Maryland, ask us about our
free Otago Exercise Program which is
recognized by the
CDC and has been
measured to
reduce the rate
of falls by 35 to 40%.
(Coming to Delaware soon.)

