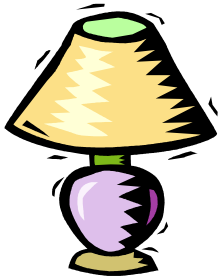


JANUARY 2016

1. Mark this Calendar **everyday**
2. Mark ✓ everyday you do NOT fall
3. Mark ✗ for any day you do fall



- Install 75-100 watt fluorescent or bulbs in lights and lamps unless manufacturer recommends otherwise,
- Have all broken lights repaired or replaced.
- Get help to replace all burned out light bulbs.

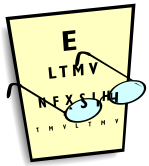
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FEBRUARY 2016

1. Mark this Calendar **everyday**
2. Mark ✓ everyday you do NOT fall
3. Mark ✗ for any day you do fall

• If your vision is worsening, or if your glasses no longer help you see well, have your vision tested by your optometrist, or ophthalmologist.



• Always take your time when getting up from the bed or chair to avoid getting dizzy.

• Drink 4 or more glasses of fluids each day that do not contain caffeine (water, juice, de-caffeinated beverages are good).



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MARCH 2016

1. Mark this Calendar **everyday**
2. Mark ✓ everyday you do NOT fall
3. Mark ✗ for any day you do fall

Shoe features to avoid:

- soles that are too thick
- tread that is too smooth
- heels that are too high
- Avoid all flip-flops and open heeled slippers or shoes.
- Use a small, light-weight handbag with an over-the-shoulder strap.
- Or use a fanny pack instead of a purse.



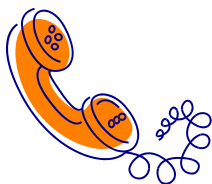
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APRIL 2016

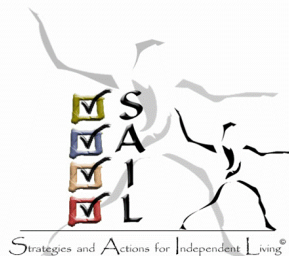
1. Mark this Calendar **everyday**
2. Mark ✓ everyday you do NOT fall
3. Mark ✗ for any day you do fall

- If you've had a fall, don't panic.
- Don't try to get up until you are sure that you are not injured.
- If you feel pain, stay on the floor or ground and call for help.



- If you are alone at home, try to crawl to the telephone to call for help. If you have a personal alarm system, use it to get help.

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MAY 2016

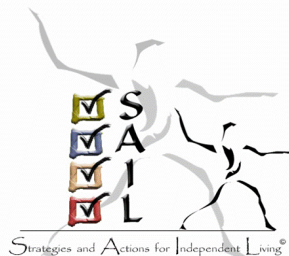
1. Mark this Calendar **everyday**
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3. Mark ✗ for any day you do fall

- Plug in a phone next to your bed or keep a portable phone beside your bed .



- Always wear your personal alarm system so that you can call for help from your bed if needed.
- Make sure that your bedspread does not hang down on the floor or remove it at night so that it does not create a tripping hazard.

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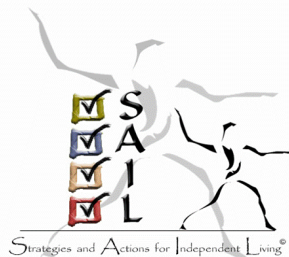
JUNE 2016

1. Mark this Calendar **everyday**
2. Mark ✓ everyday you do NOT fall
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- Avoid swivel and rocking chairs that do not lock.
- Electrical cords can be fastened to the floor along the base of wall with clips or tape to keep them off the walking path.
- Slippery or uneven surfaces are fall hazards.
- Keep a long-handled mop in kitchen to wipe up small spills as soon as they happen.




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JULY 2016

1. Mark this Calendar **everyday**
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- Increase physical activity by walking, or any activity to keep your body moving. This will maintain muscle strength, improve balance, & ensure bones remain strong.
- Keep flexible by tapping your toes every time a commercial comes on TV.
- Gradually increase the time you spend in getting a good workout, up to a minimum of 20 minutes three times a week.



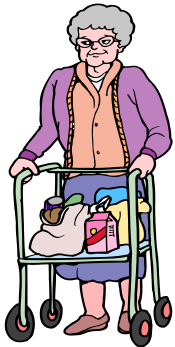
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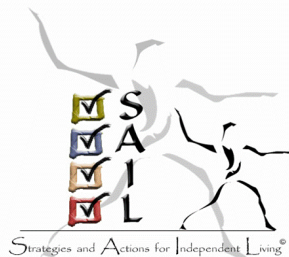
AUGUST 2016

1. Mark this Calendar **everyday**
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3. Mark for any day you do fall

- If you have balance problems, take your time moving in crowded areas and avoid talking to people while walking.
- Ask for help when carrying heavy items.
- Make sure that your assistive aids (bath stool, walker, raised toilet seat) are in good working order. Check that your walker/ wheelchair brakes are in working order.



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SEPTEMBER 2016

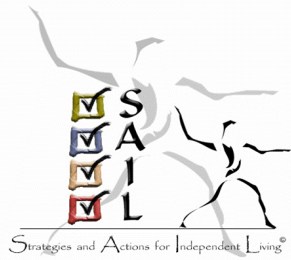
1. Mark this Calendar **everyday**
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Recommended physical activities:

- Balance training, e.g., Tai Chi
- Strength training, using weights or resistance
- Do exercises while standing at the kitchen sink
- Walking
- Water fitness
- Dancing



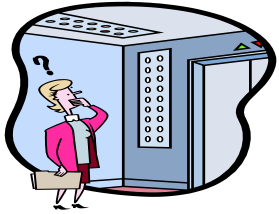
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OCTOBER 2016

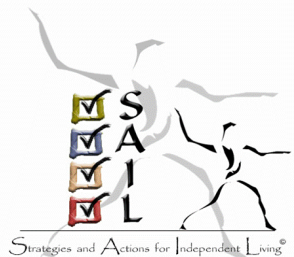
1. Mark this Calendar **everyday**
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- Use the handrails inside the elevator when it is moving.
- Take your time when entering or exiting the elevator.



- Look to make sure the elevator is level with the floor before entering or exiting.
- Use your mobility aide on the elevator.

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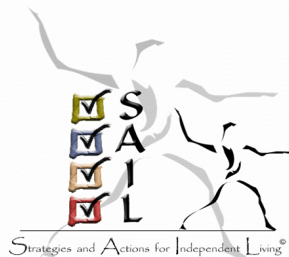
NOVEMBER 2016

1. Mark this Calendar **everyday**
2. Mark ✓ everyday you do NOT fall
3. Mark ✗ for any day you do fall

- If you get up 3 or more times each night, tell your doctor.
- Consider using a urinal or commode near your bed.
- Get a flashlight with an easy to use on/off switch and put it at the side of your bed.
- Make sure that your bed and bedding allows you to get in and out of bed easily without getting tangled up.



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DECEMBER 2016

1. Mark this Calendar **everyday**
2. Mark ✓ everyday you do NOT fall
3. Mark ✗ for any day you do fall

Use of proper equipment or mobility aid decreases fall and injury risk.

Examples are:

- Personal alert devices
- Walker, cane, wheelchair
- Bedside poles or half bed rails
- Raised toilet seat
- Bath stool or bench
- Hand-held shower
- Slip-resistant strips for shower, tub or floor
- Hip protectors
- Grab bars



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