

B	I	N	G	O
Tai Chi	Annual Hearing Checkup	Get close as you can	Scan the Environment	Pace Yourself
Call for Help	Sit on shower bench	Reacher	Annual Vision Checkup	Shop at less busy times
Back up until legs are against surface	Lock your Brakes	FREE	Non-skid Sneakers	Seated
Non-slip Mat	Replace with Armrest Chair	Increased Lighting	Push up from your armrests	Grab Bars in the Bathroom
Call Daily at a Set Time	Call ahead to ask about bathrooms lighting and ramps	Push your Life Alert	Clothes that do not drag	Remove Clutter from the Floors

B	I	N	G	O
Take medications on time as prescribed	Schedule a doctor appointment	Replace with Armrest Chair	Reacher	Seated
Call Daily at a Set Time	Call ahead to ask about bathrooms lighting and ramps	Remove Clutter from the Floors	Push up from your armrests	Call for Help
Push your Life Alert	Annual Vision Checkup	FREE	Lock your Brakes	Annual Hearing Checkup
Pace Yourself	Tai Chi	Visual cues to be careful	Clothes that do not drag	Back up until legs are against surface
Scan the Environment	Fear of falls	Non-skid Sneakers	Get close as you can	Increased Lighting

B	I	N	G	O
Push your Life Alert	Call for Help	Replace with Armrest Chair	Remove Clutter from the Floors	Fear of falls
Annual Vision Checkup	Visual cues to be careful	Get close as you can	Take medications on time as prescribed	Stand Up Slowly
Clothes that do not drag	Seated	FREE	Non-slip Mat	Scan the Environment
Annual Hearing Checkup	Call ahead to ask about bathrooms lighting and ramps	Push up from your armrests	Non-skid Sneakers	Inspect your feet
Tai Chi	Back up until legs are against surface	Shop at less busy times	Call Daily at a Set Time	Sit on shower bench