

B	I	N	G	O
Take medications on time as prescribed	Annual Hearing Checkup	Get close as you can to the task	Schedule a doctor's appointment	Push up from your armrests
Call for Help	Stand Up Slowly	Remove Clutter from the Floors	Annual Vision Checkup	Sit on shower bench
Back up until both legs are against surface	Non-skid Sneakers	FREE	Non-slip Mat	Shop at less busy times
Pace Yourself	Scan the Environment	Inspect your feet	Push your Life Alert	Increased Lighting
Call Daily at a Set Specific Time	Call ahead to ask about bathrooms lighting business ramps	Reacher	Clothes that do not drag	Replace with Non-movable Chairs with Armrests

B	I	N	G	O
Using Grab Bars in the Bathroom	Seated	Scan the Environment	Remove Clutter from the Floors	Shop at less busy times
Call Daily at a Set Specific Time	Call ahead to ask about bathrooms lighting business ramps	Replace with Non-movable Chairs with Armrests	Push your Life Alert	Call for Help
Reacher	Annual Vision Checkup	FREE	Non-skid Sneakers	Annual Hearing Checkup
Push up from your armrests	Take medications on time as prescribed	Visual cue to remind others to be careful	Clothes that do not drag	Back up until both legs are against surface
Schedule a doctor's appointment	Fear of falls	Non-slip Mat	Get close as you can to the task	Inspect your feet

B	I	N	G	O
Reacher	Call for Help	Scan the Environment	Replace with Non-movable Chairs with Armrests	Fear of falls
Annual Vision Checkup	Visual cue to remind others to be careful	Get close as you can to the task	Using Grab Bars in the Bathroom	Tai Chi
Clothes that do not drag	Shop at less busy times	FREE	Pace Yourself	Schedule a doctor's appointment
Annual Hearing Checkup	Call ahead to ask about bathrooms lighting business ramps	Push your Life Alert	Non-slip Mat	Lock your Brakes
Take medications on time as prescribed	Back up until both legs are against surface	Sit on shower bench	Call Daily at a Set Specific Time	Stand Up Slowly