

Take Medication on time	Annual Hearing Check up	Get as close as you can to task	Schedule a doctors appointment	Push lifealert
Call for help	Stand up Slowly	Remove clutter from floor	Annual Vision Check up	Sit on shower bench
Back up till 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 up from armrests	Increased Lighting
Call ahead to ask about bathrooms ramps etc.	Call daily at set time	Reacher	Clothes that do no drag	Replace with non movable chairs

Using Grab Bars in Bathroom	Seated	Scan the Environment	Remove clutter from floor	Shop at less busy times
Call ahead to ask about bathrooms ramps etc.	Call daily at set time	Replace with non movable chairs	Push up from armrests	Call for help
Reacher	Annual Vision Check up	FREE	Non Skid Sneakers	Annual Hearing Check up
Push lifealert	Take Medication on time	Visual cues to remind others to be careful	Clothes that do no drag	Back up till legs are against surface
Schedule a doctors appointment	Fear of falls	Non Slip Mat	Get as close as you can to task	Inspect your feet

Reacher	Call for help	Scan the Environment	Replace with non movable chairs	Fear of falls
Annual Vision Check up	Visual cues to remind others to be careful	Get as close as you can to task	Using Grab Bars in Bathroom	Tai Chi
Clothes that do no drag	Shop at less busy times	FREE	Pace yourself	Schedule a doctors appointment
Annual Hearing Check up	Call daily at set time	Push up from armrests	Non Slip Mat	Lock your brakes
Take Medication on time	Back up till legs are against surface	Sit on shower bench	Call ahead to ask about bathrooms ramps etc.	Stand up Slowly