



Fall Free Friday

Out and About

10/27/2023

10:00 AM

**AAA7 FB
LIVE**

Getting Ready to Go Out and About:

- Plan your trip for earlier in the day when your energy levels are highest
- Give yourself enough time to get ready without feeling rushed
- Put on clothes/shoes while seated
- Make sure your pants are the appropriate size and length to ensure they don't become a tripping hazard
- Wear properly fitting, supportive footwear with good traction



Cold Weather Tips:

- Be aware of freezing/slick surfaces. Ice-melt, rock salt, or cat litter can be used to help you gain traction.
- Walk like a Penguin! Point your feet out, bend knees slightly, and walk flat-footed, taking slow, small, shuffling steps.

Transportation

- Make sure that your car is the right “fit” for you- that you can get in and out of your car safely and stay safe while driving.
- Sit in priority seating on public transportation when available
- Wear flat shoes, move slowly, and be aware of tripping hazards on public transportation
- Always use the handrails

Public Spaces:

- Consider going out during non-busy times such as weekdays and morning
- Take advantage of parking that is close to your destination or have someone drop you off at the front of the building
- Be aware of cracks or uneven surfaces and LOOK before you WALK
- Take advantage of services such as wheelchairs and electric mobility carts at the grocery store if needed.
- Ask staff members for assistance.
- Take advantage of accessible stalls in public restrooms