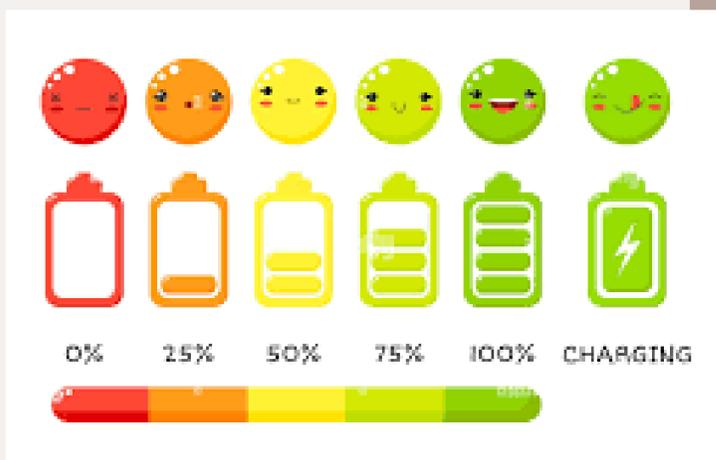


OUT AND ABOUT

THINGS TO CONSIDER

Statistics

- Falls are the most common fatal AND non-fatal injury in older adults
- **30%** of falls happen outside of the home
- Approximately **37,000** people 65+ are injured each year from getting in/out of a vehicle

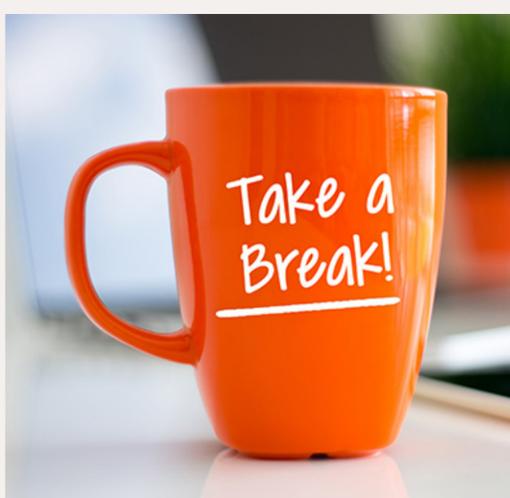


How Are You Feeling?

- Ask yourself, "How am I feeling" before you leave your house
- If you are feeling sluggish, tired, or drowsy consider staying home

Plan Ahead

- Creating a plan of what you intend to do on your outing can save you time and energy
- For example, having a grocery list can keep you from wandering around the grocery store and potentially becoming overly tired and falling



Leave Early & Take Breaks

- Leaving your home early can give you extra time and limits rushing which can lead to accidents
- Taking breaks are important for keeping your energy up. Plan them into your outings!

GETTING IN & OUT OF A VEHICLE

Getting In A Car

- Stand with your back to the car
- Back up until you feel the back of your legs touch the seat
- Lower your hands down towards the seat while leaning forward so you do not hit your head
- Slowly lower yourself to a seated position
- Lift one leg at a time to rotate yourself to face forward

Getting Out Of A Car

- Rotate and slide your feet out of the vehicle
- Check that your seatbelt is completely off and your head is not going to hit the doorway by leaning forward
- Plant your feet on the ground, shoulder width apart
- Raise yourself by pushing off the seat or your thighs for stability
- An assistive car door handle or a rotating cushion may be helpful

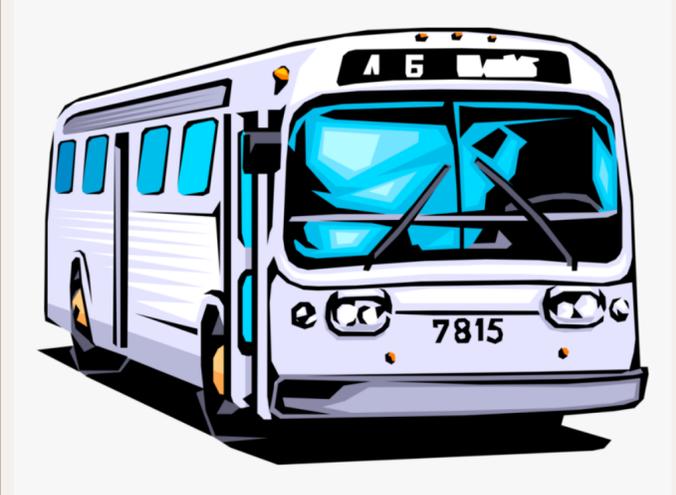


OUT AND ABOUT

MORE THINGS TO CONSIDER

Public Transportation

- Try to use handrails when available and maintain your balance by holding onto seats and walls while making your way to your seat
- Check the aisle for any hazards so you do not trip



Proper Shoes

- The best shoe to wear when hitting the town is a low heel with a slip resistant sole
- Wearing these shoes and ensuring they fit securely will help keep you from slipping

Carrying Things

- If you are going to be carrying things like shopping bags or groceries, look into purchasing a basket that clips to your wheelchair or walker
- If you do not have one, look into a rolling basket or cart to out your items in



Handicap Restroom

- Handicap toilets are great for when you are out and about!
- They have grab bars and raised toilet seats to help you get on/off the toilet