



# Fall Free Friday

*Out and About: Things to Consider*

**11/20/2020**

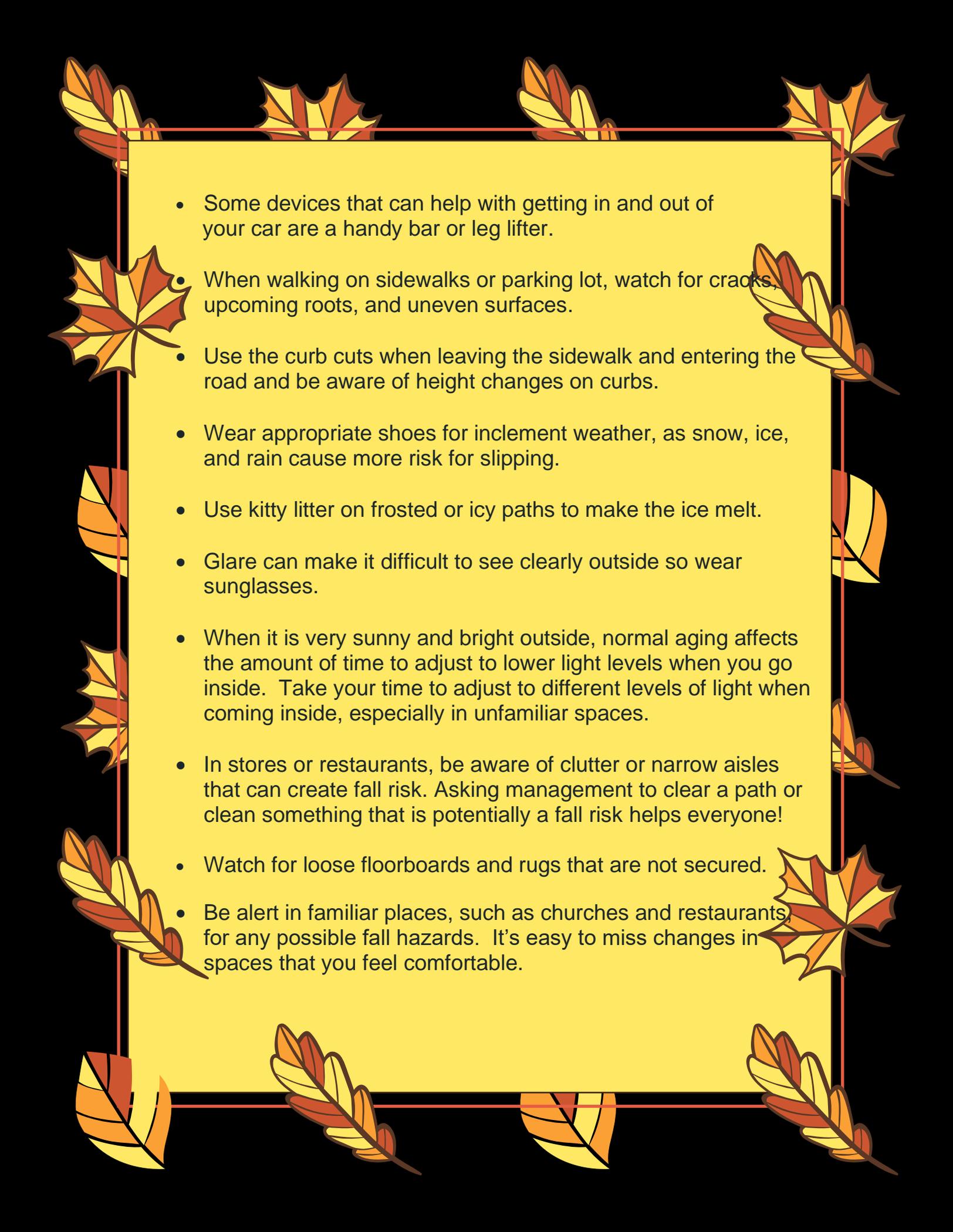
**10:00 AM**

**AAA7 FB  
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**While out in the community, some tips to prevent falls include:**

- Use handrails and grab bars to maintain balance, especially when getting in and out of cars/taxis/busses, and when going up or down stairs and ramps.
- Be aware of how you are feeling and your energy levels when you decide to go on an outing. When possible, select times of the day when you have the most energy.

Leave early and give yourself time to navigate safely, especially when going to an unfamiliar or crowded location.

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- Some devices that can help with getting in and out of your car are a handy bar or leg lifter.
  - When walking on sidewalks or parking lot, watch for cracks, upcoming roots, and uneven surfaces.
  - Use the curb cuts when leaving the sidewalk and entering the road and be aware of height changes on curbs.
  - Wear appropriate shoes for inclement weather, as snow, ice, and rain cause more risk for slipping.
  - Use kitty litter on frosted or icy paths to make the ice melt.
  - Glare can make it difficult to see clearly outside so wear sunglasses.
  - When it is very sunny and bright outside, normal aging affects the amount of time to adjust to lower light levels when you go inside. Take your time to adjust to different levels of light when coming inside, especially in unfamiliar spaces.
  - In stores or restaurants, be aware of clutter or narrow aisles that can create fall risk. Asking management to clear a path or clean something that is potentially a fall risk helps everyone!
  - Watch for loose floorboards and rugs that are not secured.
  - Be alert in familiar places, such as churches and restaurants, for any possible fall hazards. It's easy to miss changes in spaces that you feel comfortable.