



Fall Free Friday

Out and About: Things to Consider

11/4/22

10:00am

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Just like when you're at home, there are fall risks when you're out in the community as well.

- **Types of fall risks:** Getting out of the car, uneven sidewalks & curbs, escalators, sloping driveways and parking lots, outdoor risks, low lighting, unsensible shoes, carrying too much weight at once, trying to get around in dim lighting
- **Ways to decrease risks:** appropriate shoes and pants, standing in place until lenses adjust, finding places for rest breaks ahead of time, avoid multitasking, don't be in a hurry, keep up with exercise programs, use AT if you have it, don't try to carry too many things at once, try to make sure you can always see your feet
- Overall the most important tips are to wear sensible shoes and make it as easy to see as possible, but we recommend trying to follow all of the tips to enjoy your time in the community as safely as possible.