

Do you use best practices?

**I have
done this**

**I need to
do this**

**This does not
apply to me**

Install a package shelf next to the door; it provides a place to set belongings down while you open the door

Take your time when walking from one place to the next

Watch your step when walking up and down a step or curb

Visit the eye doctor for a yearly vision exam

Ask a doctor or physical therapist to help select the correct cane, wheeled walker or other device

Keep a phone by the bed

Use grab bars in the bathroom; if you don't have grab bars, get them installed next to the toilet and in the shower:
Place grab bars 33 inches to 36 inches above the floor