



Safety Tips:

Talk to Your Healthcare Provider

- Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.

Learn more about safely managing your medications, activities, and lifestyle.



Manage Medications

- Be aware of how your medications interact with other prescription and over-the-counter drugs, certain foods, alcohol, and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to make sure you take no less or more than prescribed.
- Ask your pharmacist for help. Large-print labels, medication-tracking devices, and easy-open containers may be available.

Prevent Falls

- Install handrails and grab bars wherever they are helpful, especially around stairs and in bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one or more nightlights between your bedroom and bathroom.
- Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.
- Use a walking aid, if needed to improve balance and stability.

Prevent Fires and Burns

- Set your water heater to 120 degrees. You can also install anti-scald devices on sinks, tubs, and showers.
- Test smoke detectors regularly. Be sure you have a smoke alarm in or very near your cooking area. Alarms should also be installed in all bedrooms.

- When cooking, wear snug-fitting or short-sleeve clothing and high-quality oven mitts that cover the lower part of your arms.
- Do not smoke in your home, especially if oxygen therapy is used.

Drive Wisely

- Plan your route before you drive and use the safest routes that are well-lit, familiar, and offer easy parking. Daytime driving in good weather conditions is best.

Wear your seat belt, even during short trips.



- Eliminate distractions inside the vehicle and stay focused on the road.
- Know when it might be time to limit or stop driving, and learn how to get around town without driving.

Live a longer, healthier life by taking control of your safety today!

Learn more about Older Americans Month and find additional resources at <http://acl.gov/olderamericansmonth>