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| <i>Client:</i> | <i>Date:</i> |
| <i>Clinician:</i> | |

TIPS

- 1. Do not move around or work in the dark**
 - a. Ensure proper lighting in all places especially hallways, stairways and restrooms
 - b. Use night light
 - c. Have lamps or light switches within reach
- 2. Wear nonskid, well-fitted shoes**
- 3. Wear eye-glasses/visual aids as needed**
- 4. Do not change positions suddenly**
 - a. Move slowly such as from a lying position to sitting or sitting to standing
 - b. Rising too quickly may cause dizziness
- 5. Wipe all spills immediately to avoid slipping**
- 6. Avoid loose/throw rugs. Anchor large area rugs as well**
- 7. Avoid clutter on floors, stairs and in hallways**
- 8. Place no-skid mats (or non-skid stickers) in the bathtub and shower**
- 9. Install grab bars/transfer bars to assist with transfers to tub/shower/toilet seat**
- 10. Place a contrasting color along the edge of each step to help differentiate steps**
- 11. Use handrails when going up or down the stairs**
- 12. Keep the phone within easy reach at all times**

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.