

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

- Keep telephone and emergency numbers in reach, especially when alone
- Keep necessary items close by to avoid reaching and stooping
- If you use a wheelchair, be sure to lock the brakes before getting up and sitting down. If you tend to forget, use a lap belt. If your balance is not steady, have someone with you when transferring.
- Keep walker/cane within reach. Do not attempt to walk without it and do not walk alone if your balance is not steady.
- Use the devices and instructions for moving as given by your doctor, nurse or therapist.
- Remove throw rugs to prevent tripping and keep pathways clear.
- Secure electrical cords behind furniture.
- Fire Safety:
 - Do not run electrical cords under carpeting
 - Do not overload outlets
 - Smoke detectors should be located on each level of the home, in each living area and outside of bedrooms
 - Test smoke detectors monthly
 - Keep bedroom doors closed at night in case of fire
 - Make and practice an emergency exit plan
- Use adequate lighting. Use night-lights for pathways to and from the bathroom
- Have flashlight and battery operated radio in the home in case of power failure
- If you live alone, consider arranging for someone to call you or stop by daily to make sure you are all right.

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