



Ageing Well Together Falls Prevention

PREVENT FALLS WHILE TRAVELLING

In General...

- *Stay alert and be aware of your surroundings.* Look for hazards like uneven paths, broken sidewalks, slippery floors and unlit stairs.
- *Dress for comfort and safety.* Wear comfortable walking shoes with low heels and non-slip soles. Avoid loose clothing or dangling straps that can catch on things and pull you off balance.

In a Hotel...

- *Ask for a room on a lower floor.* This saves you having to climb unfamiliar stairs.
- *Ask for a room with grab bars in the bathroom.*
- *Ask for a non-slip mat for the bathroom floor and bathtub.* Before you use it, check to be sure it really sticks to the tub.
- *Make sure there is a clear path from your bed to the bathroom and to the exit from your room.* If there is furniture blocking the way, call the front desk and ask for help to move it.
- *Keep a light on at night.* You can easily trip in an unfamiliar room. Leaving the bathroom light on and the door partly open will give enough light to see by. You could also bring a nightlight with you when you travel.

On a Tour...

- *Ask for help if you need it.* Take the arm of the Tour Director if you feel unsteady or want some help on uneven ground or stairs. Tour Directors and drivers are there to help.
- *Stay in your seat while the bus is moving.* If you need to use the bathroom on the bus, hold on to each headrest you pass.
- *Take care getting on and off the bus.* Ask for help if you need it. Many people prefer to climb backwards down the bus steps. This makes it easier to hold onto the handrails and makes the step down easier on the ankles. Be very careful when using a step stool to climb on or off a bus. These can be very unsteady. Be sure your foot is planted firmly in the center of the stool and hold onto the door rail.
- *Take your time.* Don't run to catch up to a group or return to the bus. They will wait for you. After all, the delay will be longer if you fall.