Mobility* Falls Prevention Self-Management Plan

Exercise for balance

Wear shoes

Take medications only as prescribed

Make your home safe

Get your eyes checked

Talk to your doctor

Green Flags — All Clear

You walk easily

You exercise regularly

Keep up the great work!

Yellow Flags — Caution

You need help to walk

Clutter or mess

You can’t see well

If you notice a Yellow Flag, ask your doctor what you can do to prevent falls.

Red Flags — Stop and Think

You have fallen

You have been hurt

If you notice a Red Flag, talk to your doctor as soon as possible.

Name: ___________________________  Instructions: ___________________________

Phone Number: ___________________________
Falls Can Be Prevented!

Four key strategies:

1. Exercise for balance and strength.
2. Ask your doctor to review your medicines.
3. Get your eyes checked.
4. Make your home safer.

For more information, contact:

Fall Prevention Clinic
at Harborview Medical Center
1-877-520-5000

If you are age 65+ and at high risk of falls, call
King County Emergency Medical Services (EMS)
206-263-8544

*Becoming an Age-Friendly Health System provides a set of four evidence-based elements of high-quality care, known as the “4Ms,” to all older adults. The 4Ms represent a broad shift by health systems to focus on the needs of older adults. The 4 M’s are Medications, Mentation, Mobility, and What Matters.

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County—plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail info@communitylivingconnections.org

www.agingkingcounty.org