

Mobility* Falls Prevention Self-Management Plan



Exercise for
balance



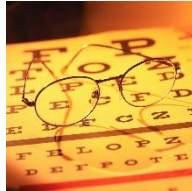
Wear
shoes



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



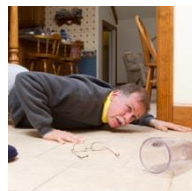
Clutter or
mess



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

Name:

Instructions:

Phone Number:

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

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



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