

# Mobility Falls Prevention Self-Management Plan



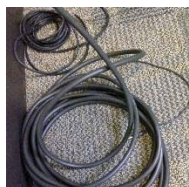
**Exercise for balance**



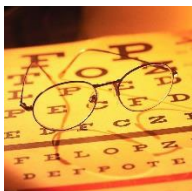
**Wear shoes**



**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!

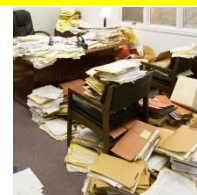
## Yellow Flags—Caution



**You need help to walk**



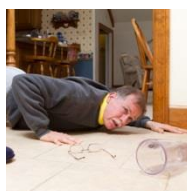
**You can't see well**



**Clutter or mess**

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:

- ❶ Exercise for balance and strength.
- ❷ Ask your doctor to review your medicines.
- ❸ Get your eyes checked.
- ❹ 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 information about services or interpretation assistance, call 844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org).



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