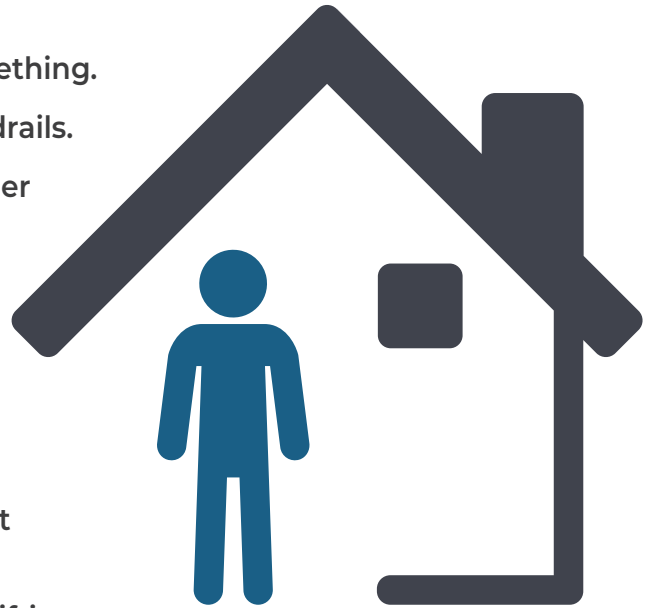


Ways to Make Your Home Safe

If you are having difficulty walking or experiencing weakness, use this safety checklist.

- Take precautions to avoid falls and be cautious.
 - When standing, go slow and hold onto something.
 - Be careful on the stairs and always use handrails.
 - Install non-skid surfaces in the bath and other slippery spots in your home.
 - Remove throw rugs, mats and clear walkways of extra furniture.
 - Make sure your room is well lit so you can see where your feet are.
 - For weakness, be careful when performing household tasks and handling sharp and hot objects.
 - Bend at the knees, not at your waist, when lifting or carrying items if you are experiencing weakness.



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- Wear well-fitting shoes. Orthopedic shoes or gel sole inserts may help lessen discomfort while walking. Orthopedic shoes or gloves may also help protect hands and feet from injury.
 - Talk to your health care provider about if assistive devices, including canes and walkers, may be needed to improve balance or support areas of weakness.
 - Talk with your health care provider about massage therapy or acupuncture.
 - Ask about physical or occupational therapy that can be helpful to strengthen, fix or make up for weakness and maximize independence. They will help with range of motion, make suggestions for environmental changes, and provide assistive devices.

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- A home safety evaluation can be ordered by your health care provider to evaluate your home. They will make suggestions for any modifications that are needed to maintain your safety, such as:
 - Setup all your living area on one floor to limit stair use.
 - Adding handrails or ramps and moving furniture to allow space for assistive devices.

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- Ask for help from others.