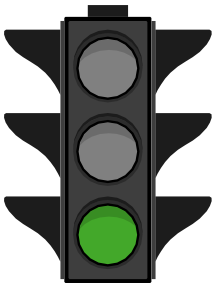


Fall Safety Action Plan

Your Plan for Action

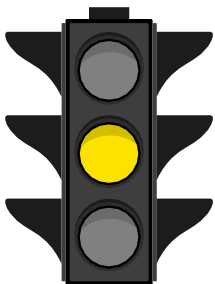
- Use this guide to tell your doctor about changes in your symptoms.
- You are less likely to go to the hospital when you notice your symptoms early and take action.

You are in control and doing well.



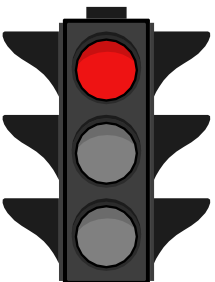
- I feel safe at home.
- I feel comfortable doing my everyday tasks with little to no fear of falling.
- I have not had any recent falls or near falls, no new dizziness or balance changes, and I am walking normally for me.
- I am able to get and use items to help such as grab bars, a cane, etc.
- Changes have been made around my house to make it safer (like removing throw rugs, installing grab bars, using a cordless phone, using nightlights, putting items I use often in easy to reach places, etc.).
- I am able to get help when I need it to make repairs around my house or help me get places when I feel unsteady or unsafe.

Take action today. Call your doctor, the MyCare Advice Line, or schedule a same day in-person or virtual appointment.



- I am afraid I will fall at home.
- I have trouble getting up from a chair or bed.
- I am not able to make repairs or changes around my house.
- I do not feel safe at home.
- I feel weak, drowsy, dizzy, or confused.
- I have new or unusual symptoms that are concerning.
- My eyesight is getting worse.
- I feel unsteady or 'wobbly.'
- I started a new medicine that makes me feel sleepy or light-headed.

Take action now! Call 9-1-1 or go to the Emergency Department right away!



- I fell and have an injury or hit my head.
- I fainted or have trouble moving after falling.
- I have severe dizziness.
- I have sudden weakness or numbness.
- I have a lot of confusion and cannot think clearly.
- I have new difficulty walking, even with a mobility aid like a cane, walker, etc.