







**Q: Are the shower floor, bathtub bottom, or bathroom floor in your room slippery when they're wet?**

■ Place *non-skid mats*, when available, over slippery surfaces, and *move very carefully* on these surfaces. Reserve “accessible” hotel rooms with non-skid mats, grab bars and raised seat height toilets.



**Q: Do you have to step over a barrier between the tub or shower?**

■ Use *extreme caution* – hold on to solid grab bars and/or ask for assistance.

**Q: Do bathrooms have solid grab bars near the toilet?**

■ If not, get on and off the toilet *very carefully* or *ask for help*.



**Q: Are streets, sidewalks, stairs, or other outdoor walking surfaces uneven or slippery?**

■ *Ask for help, use extreme caution, or don't walk on them.* Wear sturdy, well-fitting flat shoes that provide extra support and traction. Also, there are a

number of ice-traction device products available that attach easily over your footwear.

**Q: Might you lose your balance as you step onto or off of moving transportation, such as escalators, elevators, cars, buses, trains, subways, light rail or airplanes?**

■ *Take your time, use caution, avoid escalators, and ask for assistance if you think it might help. There are always people who are glad to help – and you may meet someone interesting along the way!*



**Q: Are there *pets* nearby?**

■ *Stand still and ask the owner to prevent pets from running underfoot and jumping toward you.*

**4. ALCOHOL:** Before drinking, consider the possible effects of alcohol on your balance, judgment and alertness. It is also important to remember and *follow any advice from your doctor related to alcohol use and the medications you are taking.*



**Q: Will you be walking, encountering physical hazards, or needing to be alert in your travels?**

■ *Avoid alcohol or consume smaller amounts than usual, close to your room. If you must travel after consuming alcohol, take a taxi.*

## REMEMBER..

### **Plan ahead for a safe, enjoyable trip.**

While traveling, look carefully for fall hazards — and avoid them. Allow others to help. Most people would be *happy to assist you* with carrying heavy objects such as suitcases and packages, getting on and off vehicles, and walking in rain or snow or on icy or uneven surfaces.



***Bon Voyage!***

For additional information, please contact your **Falls Care Manager.**