

# PROTECT YOUR INDEPENDENCE & MOBILITY AS YOU AGE

## ARE YOU PROTECTED?

Getting where you need to go safely on a daily basis is something many of us take for granted. Evidence suggests that there are things we can do to maintain mobility as we age.



### MOBILITY

Your ability to safely get places you need to go—from driving to walking to getting in and out of bed

We are all at risk for losing our mobility. But you don't have to! Take this short assessment and learn more about how you can protect yourself!

### Is this a problem for you now, or could it be in the future?

Driving yourself to places you need to go	<input type="checkbox"/> YES
Getting places, like the doctor's, when you are unable to drive yourself by taking public transportation or using a community service	<input type="checkbox"/> YES
Getting places when you are unable to drive yourself by arranging a ride from a family member or friend	<input type="checkbox"/> YES
Doing everyday activities such as preparing meals and grocery shopping	<input type="checkbox"/> YES
Walking a half mile without assistance	<input type="checkbox"/> YES
Keeping your balance and flexibility	<input type="checkbox"/> YES
Managing multiple medications safely so as to not impair your driving	<input type="checkbox"/> YES
Remembering things—having good short-term and long-term memory	<input type="checkbox"/> YES
Affording public transportation or assistive services to get to where you need to go	<input type="checkbox"/> YES
Having safe access to other transportation options like public transportation	<input type="checkbox"/> YES
Feeling sad, lonely, or unmotivated to meet up with friends or family	<input type="checkbox"/> YES

If you answered "Yes" to any of the above, please read on to see how to protect your mobility now, and as you age.

# PROTECT YOUR INDEPENDENCE & MOBILITY AS YOU AGE

Staying healthy and active, being social and connected, and having a plan will give you the best chances of maintaining your freedom to get places you need to go as you age.

CHECK OUT OUR TIPS AND RESOURCES:

## STAY HEALTHY & ACTIVE



- Begin a program to improve balance and coordination; increase your flexibility and strength. **How?** Talk with your doctor and check with your community or senior center about programs in your area that may help.
- Talk with your doctor or healthcare provider about physical health problems and concerns, medications, memory, and vision and health tests. **How?** Call your doctor or healthcare provider .
- Complete a fall prevention checklist to identify hazards and learn tips for safety in your home. **How?** Call 1-800-CDC-INFO and ask for a checklist (or go to <http://www.cdc.gov/>).
- Take a driving refresher course. **How?** Call AARP, 1-888-OURAARP, 888-687-2277 ([www.aarp.org](http://www.aarp.org)) or AAA, 1-800-AAA-HELP, 800-222-4357, ([www.aaa.com](http://www.aaa.com)).
- Consider making changes in your home to meet your needs (like adding support bars in the bathtub or removing a rug that may cause you to fall). Find people who can help you with home chores, repairs and modifications. **How?** Call the Eldercare Locator to find local counselors, 1-800-677-1116, [www.eldercare.gov](http://www.eldercare.gov).
- Access local and national programs and resources on healthy aging. **How?** Contact the National Institute on Aging by exploring [www.nia.nih.gov/](http://www.nia.nih.gov/).

## STAY SOCIAL & CONNECTED



### Socialize!

- Volunteer in the community. **How?** Call 2-1-1, a service by United Way that can connect you with local groups and organization ([www.211.org](http://www.211.org)).
- Enjoy a hobby or past-time or learn to do something new. **How?** Ask about groups or classes at the local recreation center, senior center or community college.
- Reach out to family, friends and neighbors and tell them what you need emotionally, like a weekly coffee date and time to catch up. **How?** Send an email, make a call, or join a social networking site like Facebook to reconnect.
- Get involved with your local senior center. **How?** Go to lunch at the center, join in a game of cards, take a class or just call to learn about their programs.

### Take care of your emotional health!

- Talk to a counselor or therapist if you are feeling sad a lot. **How?** Call the Eldercare Locator to find local counselors, 1-800-677-1116, [www.eldercare.gov](http://www.eldercare.gov).
- Contact a local church, synagogue or other spiritual center.

### Get out there!

- Take advantage of local transportation services like volunteer driver programs, paratransit (door-to-door or curb-to-curb), public buses, and transportation voucher programs.
- Family, friends and neighbors can help you get where you need to go.

# PROTECT YOUR INDEPENDENCE & MOBILITY AS YOU AGE

Now that you know what you can do to protect your mobility as you age, make a plan!

## HAVE A PLAN



Some practical things to consider as you make your plan:

- Are you staying in your current home or perhaps downsizing or moving over the next 10 years?
- How walkable are your sidewalks?
- How close are grocery stores?
- Can you easily get to public transit, like the bus?
- How easy would it be to get to your doctor without a car?

## MY PLAN

1. I'll increase my physical activity now by \_\_\_\_\_  
(example: walking around the block 4 times a week)
2. I'll talk to my doctor or healthcare provider about \_\_\_\_\_
3. I'll set one goal to improve my \_\_\_\_\_  
(example: balance, driving skills, social connections)
4. I'll talk to my family (or friends) about \_\_\_\_\_  
(example: about needing rides in the future)
5. I'll call my local senior center or gym for programs on \_\_\_\_\_
6. I'll call another resource, like Eldercare Locator, to talk about \_\_\_\_\_  
\_\_\_\_\_