

MyMobility

A Plan for Staying Independent

What can you do to *stay independent* as you age?

Many people make financial plans for retirement, but not everyone plans for other changes that may come with age.

This includes changes in your mobility - your ability to get around.

It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do—like driving, shopping, or doing chores around the house.

You might not have mobility problems now, but maybe you know others who do—perhaps a parent, relative, friend or neighbor. While it may not be possible to prevent all of these changes, there are actions you and your loved ones can take today, and as you age, to help keep you safe and independent tomorrow.

Use this planning tool to begin your journey protecting your mobility and independence.



90

1 in 4
adults now 65
will live to 90+

There may be a time when you still need to get around, but can no longer drive.

Make a plan *today*. Stay independent *tomorrow*.



MySelf

A plan to stay independent



MyHouse

A plan to stay safe inside my home



MyNeighborhood

A plan to stay mobile in my community

To start building MyMobility Plan, complete the checklist below.

Get a physical checkup each year.

Some health issues may increase risk of falling (such as leg weakness, mobility problems, and problems with balance).

Last Exam Date: _____

Next Exam Date: _____

Review all medications with healthcare provider or pharmacist, including over-the-counter medicines.

Certain medications can have side effects – such as dizziness or drowsiness – that may affect the ability to drive, walk, or get around safely.

Get a medical eye exam each year.

Eye problems can increase risk of falling or being in a car crash.

Last Exam Date: _____

Next Exam Date: _____

Follow a regular physical activity program to improve strength, balance, and coordination.

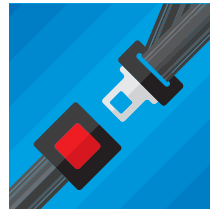
Begin Date: _____

Strength activities: _____

Balance activities: _____

 **MyMobility Tip**

Reduce your chances of falling by doing **strength and balance activities** as little as **3 times per week**.

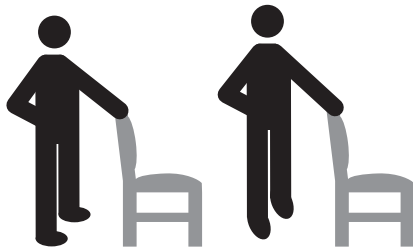


Drivers 65+ are some of the safest drivers on the road. However, in a car crash, this group is more at risk for

injury and death because our bodies become more frail as we age.

To begin improving strength & balance, try these activities

Strength Activity



Toe Stand

Stand behind a sturdy chair for balance.
Stand with feet shoulder-width apart.
Slowly stand up on tiptoes - hold for 1 second.
Slowly lower heels to floor.
Repeat 10-15 times.

Balance Activity



Stand on One Foot

Stand behind a sturdy chair for balance.
Stand on one foot.
Hold for up to 10 seconds.
Then, switch feet.
Repeat 10-15 times.

Go to go4life.nia.nih.gov for more suggestions.



To continue building MyMobility Plan, complete the checklist below.

Schedule a day to go through the following home safety checklist to help prevent falls.

Check the FLOORS in each room and reduce tripping hazards:

- Keep objects off the floor.
- Remove or tape down rugs.
- Coil or tape cords and wires next to the wall and out of the way.

Check the KITCHEN:

- Put often-used items within easy reach (about waist level).
- For items not within easy reach, always use a step stool and never use a chair.

Check the BEDROOMS:

- Use bright light bulbs.
- Put in night-lights to be able to see a path in the dark.
- Place lamps close to the bed where they are within reach.

Check the STAIRS and STEPS inside and out:

- Check for loose or uneven steps. Repair if needed.
- Make sure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads.
- Check for loose or broken handrails. Repair if needed.
- Consider installing handrails on both sides of the stairs.
- Use bright overhead lighting at the top and bottom of the stairs (inside and out).
- Consider putting light switches at both the top and bottom of the stairs.

Check the BATHROOMS:

- Put non-slip rubber mats or self-stick strips on the floor of the tub or shower.
- Consider installing grab bars for support getting in or out of the tub and up from the toilet.



MyMobility Tip

Falls are more likely when going barefoot or wearing slippers.

Wear shoes that have good support when inside or outside the house.





To finish building MyMobility Plan, fill out the table below.

Fill in all the places you go. Fill in how you get there. Then, fill in how you would get to these same places if you couldn't use your current way. *See first row for an example: If you drive to the doctor's office now, how would you get there if you could no longer drive?*

Find transportation options in your zip code:

Rides in Sight
1-855-60-RIDES
www.ridesinsight.org



It is important to **stay social** as you age. Consider car ride services to stay connected.

Where do I need to go? <i>(Such as doctor, grocery store, shopping, social/recreation trips, work, physical activity class, etc.)</i>	How do I get there now? <i>(Such as drive, get a ride, use public transportation, etc.)</i>	How will I get there in the future? <i>(Such as bus, rideshare, get a ride with a friend, etc.)</i>
<i>Doctor's office</i>	<i>Drive myself</i>	<i>Car ride service</i>

Consider the following:

- Driving Refresher Course**
AARP (888) 687-7277 or www.aarp.org
AAA (800) 222-4357 or www.aaa.com
Refresher Course Date: _____
- CarFit Review**
See how well my car fits me for comfort and safety at www.car-fit.org

MyMobility Tip

Good eyesight is about more than 20/20 vision. For example, seeing well in the dark is needed to drive safely at night. **Get a medical eye exam each year and address any issues.**

To download a copy of MyMobility, visit:
<https://www.cdc.gov/motorvehiclesafety/mymobility>



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control