

# MyMobility

A PLAN FOR STAYING INDEPENDENT

## CONSIDER THAT:



**1 in 4** adults who are now 65 years old will live into their 90's.



Because people are living longer, there may be a time when you still need to get around, but can no longer drive.



**1 in 3** older adults **fall** each year. Fall-related injuries can make it hard to get around and live independently.

## Making a plan to stay mobile as you get older is important to help you stay independent.

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. This planning tool can help you begin doing things to protect your mobility and stay independent longer.

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 even doing simple chores around the house. These physical changes can also make us more likely to get injured.

Work through the MyMobility plan on the next few pages to help you keep your freedom and independence as you get older. The plan will take you through these sections:

 **Myself** - A PLAN TO KEEP **YOUR** HEALTHY 

 **My House** - A PLAN TO KEEP **YOU** SAFE INSIDE **YOUR** HOME  

 **My Community** - A PLAN TO STAY MOBILE IN **YOUR** COMMUNITY 



To start building **your own** MyMobility Plan, complete the checklist below.

**Get a physical checkup each year.**

Some health issues may increase my risk of falling.

Last Exam Date: \_\_\_\_\_

Next Exam Date: \_\_\_\_\_

**Ask my healthcare provider or pharmacist to review all my medicines – including over-the-counter medicines.**

Check for the right dose and possible side effects (such as dizziness, drowsiness, etc.) that may affect my ability to drive, walk, or get around safely.

**Follow a regular **exercise** program to improve my strength, balance and coordination.**

Begin Date: \_\_\_\_\_

Falls are a growing problem for older adults and more than 95% of hip fractures are due to falls.

*Hip fractures are serious injuries that can take a long time to heal, and affect mobility.*

*1 in 3 adults who lived independently before their hip fracture stayed in a nursing home for at least a year after their injury.*

**I PLAN TO DO:**



**Strength exercises**

(such as chair rise exercise):

[www.cdc.gov/homeandrecreationalafety/pdf/steady/chair\\_rise\\_exercise.pdf](http://www.cdc.gov/homeandrecreationalafety/pdf/steady/chair_rise_exercise.pdf)



**Balance exercises**

(such as Tai Chi or Balance classes):

Check with your local community center, gym or YMCA for class offerings.

**MyMobility TIP**

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

**For more information, please visit:**



To continue building your 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 rug.
Coil or tape cords and wires next to the wall and out of the way.

Check the KITCHEN and EATING AREA:

- Put often-used items within easy reach (about waist level).
Never use a chair as a step stool.

Check the BEDROOMS:

- Use bright light bulbs.
Put in night-lights so I can see my path in the dark.
Place lamps close to the bed where they're easy to reach.

Check the STAIRS and STEPS:

- 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.
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 or up from the toilet.

Other actions (write in):

Three horizontal lines for writing additional actions.

MyMobility TIP

Avoid going barefoot or wearing slippers. Wear shoes that make walking easier inside and outside the house.

For more information, please visit:



## To finish building your MyMobility Plan, complete the following.

Fill in how you currently get to all the places you need to go now. Then fill in how you would get to these same places if you couldn't use your current way. For example, if you use a car to get to the doctor's office now, how would you get there if you could no longer drive?

WHERE DO I NEED TO GO?	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?
DOCTOR/MEDICAL TRIPS		
GROCERY STORE/SHOPPING		
SOCIAL/RECREATION TRIPS		
EXERCISE CLASS		
PAID OR VOLUNTEER WORK		
OTHER <i>(WRITE IN)</i>		



While older adult drivers (65+) are some of the safest drivers on the road, they are also most at risk for injuries and death when in car crashes. This is because our bodies become more frail as we age.

### MyMobility TIP

If your home has dangers for falls that can't be fixed, or, if you don't have many options to get where you need to go in the future, consider whether moving might help.

### CONSIDER THE FOLLOWING TO HELP MAKE MYSELF SAFER NOW:

#### Driving Refresher Course

AARP (888) 687-7277 or [www.aarp.org](http://www.aarp.org)

AAA (800) 222-4357 or [www.aaa.com](http://www.aaa.com)

Refresher Course Date: \_\_\_\_\_

#### Medication Information

Look up medications to see how they may affect safe driving. [www.roadwisersx.com](http://www.roadwisersx.com)

### For more information, please visit:

#### CarFit Review

See how well your car fits you at [www.car-fit.org](http://www.car-fit.org)

#### Transportation options

Put in your zip code and see what's available in your area  
[www.eldercare.gov/eldercare.net/public/resources/topic/Transportation.aspx](http://www.eldercare.gov/eldercare.net/public/resources/topic/Transportation.aspx)

#### Rides in Sight

1-855-60-RIDES • [www.ridesinsight.org/](http://www.ridesinsight.org/)

CS253690-B

[www.cdc.gov/](http://www.cdc.gov/)URL HERE • 1-800-CDC-INFO (1-800-232-4636)



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

