

People are more vulnerable when they are rushing. At those times there is a tendency to cut corners and run the risk of a fall. It is best to slowly and methodically follow the routines that you have discovered work for you even when it is inconvenient.

### HOW DO I STAY SAFE?

- Get out of chairs slowly.
- Stand and get your balance before you walk.
- Take your time when you change positions from lying to sitting and sitting to standing. Your blood pressure needs time to catch up to you!
  - It's common for older adults to deal with a sudden drop in blood pressure when you change positions because gravity causes blood to pool in your legs and abdomen and can make you feel dizzy, lightheaded or even faint.
  - When getting out of bed, it is a good idea to sit up in bed and rest for a while, then stand up and once again rest of a while before you start to walk.
- Take your time walking to the bathroom at night.
  - When you get out of bed, count to 10 and make sure you aren't dizzy.
  - Make sure you have a nightlight and maneuver turns carefully.
- Be careful when moving items from a cupboard that is above your head. Tipping your head/body backward to reach high may cause dizziness and/or tip you over backwards!
  - Move commonly used items to the lower shelf level.
  - For rarely used items, use a Helping Hand Reacher for lighter items and ask for help to bring down heavier items.

