

As older adults age, it can become more difficult to lift your toes due to a chronic health condition such as diabetes, Parkinson's Disease or poor flexibility in the ankle and foot. Because of this, older adults are more likely to trip on things such as throw rugs, speed bumps in parking lots, uneven sidewalks, or wrinkles and folds in carpeting.

Most times we are aware of the uneven surfaces in our home, or the areas that we commonly walk but need to be extra careful when we are in someone else's home or an unfamiliar area.

HOW CAN I STAY SAFE?

- Make sure throw rugs at the entrance and by the bathtub have rubber, non-skid backing.
- Get the wrinkles in your carpet re-stretched or consider having the carpet replaced.
- Be aware of uneven sidewalks and pavement.
- Always use handrails.
- Ask a family member or friend to clear ice and snow from outside stairs and sidewalks.
- Walk on carpet runners in public buildings in case the floors are wet and slippery.
- When you find yourself on ice, try to remember to walk like a duck/penguin.

www.albertahealthservices.ca/info/page12619.aspx#:~:text=Do%20the%20Penguin%20Walk!,Watch%20where%20you%20are%20stepping

