

## Tips for Preventing Falls

- Move all electrical and phone cables, so they are not running across the floor and creating a trip hazard.
- Remove as many rugs and mats as possible to help prevent falls. Secure all loose rugs with double-sided tape or rubber matting to prevent falling. Keep carpets tacked down. Replace or repair torn or frayed rugs.
- Keep stairs and halls clear and well-lit, with well-secured rails on both sides. Stairways should have good lighting, ideally with switches at the top and bottom. Steps should have a non-slip surface.
- Wear shoes with tread and avoid using the stairs wearing only socks, loose slippers or smooth-soled shoes.
- Outdoor entryways and steps should be well-lit and clear of debris, ice, leaves and snow. Porch railings should be secured in a sturdy manner.

**“It’s kind of fun to do the impossible.”**

*– Walt Disney*

## Mandala Maze

