

1 in 4 adults  
now 65  
will live to 90+

# MyMobility Plan

## What can you do to 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.

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 household chores.

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

You might not have mobility problems now, but you could in the future. You may even know others who already 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.

### MySelf

A plan to stay independent



### MyHome

A plan to stay safe at home



### MyNeighborhood

A plan to stay mobile in my community



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

Make a plan today.  
Stay independent tomorrow.



Staying healthy and managing chronic conditions help maintain your mobility.

To start building your plan, complete the checklist below.

**Get a physical checkup each year.**

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

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

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

**Get a medical eye exam each year.**

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

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

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

**Review all your medicines with a doctor or pharmacist.**

Certain medicines can have side effects that can change your ability to drive, walk, or get around safely.

To learn more, go to:

<https://go.usa.gov/xPADs>

**MyMobility Tip** 

Good eyesight is about more than 20/20 vision. For example, you need to see well in the dark to drive safely at night.

Get a medical eye exam each year and address any issues.

**Follow a regular activity program to increase your strength and balance.**

Strength and balance activities, done at least 3 times a week, can reduce your risk of falling. Other activities, like walking, are good for you, but don't help prevent falls. Visit the National Institute on Aging's website for suggestions:

[www.go4life.nia.nih.gov/exercises](http://www.go4life.nia.nih.gov/exercises)

Strength Activity		Balance Activity	
Exercise	Start Date	Exercise	Start Date
<i>Chair stand</i>	<i>Next Monday</i>	<i>Tai Chi</i>	<i>Next Monday</i>



To continue your plan, schedule a time 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.
- Place lamps close to the bed where they are within reach.
- Put in night-lights to be able to see a path in the dark. For areas that don't have electrical outlets, consider battery-operated lights.

### Check inside and outside 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 shower, and up from the toilet.

#### **MyMobility Tip**

Falls are more likely when wearing inappropriate footwear, such as flip flops that don't cover the heel.

Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.

For more home modification information and resources:  
<https://go.usa.gov/xUEs3>



Finish your plan by filling out the table below.

Think of all the places you go and how you get there.

Then, consider how you would get to these same places if you couldn't use your current way.

Find transportation options in your ZIP code:

- Rides in Sight  
1-855-607-4337  
[www.ridesinsight.org](http://www.ridesinsight.org)

Ride share services can help keep you connected to family and friends. Staying social helps maintain quality of life as you age.

<b>Where do I go now?</b> (Such as doctor, grocery store, or physical activity class)	<b>How do I get there now?</b> (Such as drive, get a ride, or use public transportation)	<b>How will I get there in the future?</b> (Such as bus, rideshare, or ride with a friend)
<i>Meet friends for lunch</i>	<i>Drive myself</i>	<i>Get a ride from a friend</i>

Consider a driver refresher course.

Some insurers give a discount on your car insurance for taking a course:

- AARP (888) 687-2277 or [www.aarp.org](http://www.aarp.org)
- AAA (800) 222-4357 or [www.aaa.com](http://www.aaa.com)

**MyMobility Tip** 

Practice safe behaviors, such as always wearing a seat belt, as a driver or a passenger.

For more information visit: [bit.ly/CDC-MyMobilityPlan](https://bit.ly/CDC-MyMobilityPlan)

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