



**REACH**

Resources & Education  
for Aging, Community, and Health

# MAINTAINING SAFE MOBILITY

Many people worry about changes in their mobility. Learn how to make small changes to maintain your mobility as you age.

## WHAT YOU CAN DO



### **Strength and balance exercises**

Find an activity you like doing, such as walking, chair exercises, or strength training. Start slow if it has been a while since you last exercised. Increase time or distance once you become more comfortable with the activity.



### **Talk to your healthcare provider**

Some medical conditions and medications may increase your risk of falling. For example, vision and ear issues can affect your balance. Talk with your healthcare provider about your risk and before beginning any challenging activities.



### **Make your home safer**

- Clear walking paths
- Check for loose rugs
- Install grab bars inside & outside your tub or shower
- Make sure all areas are well lit



### **Use supportive tools and devices**

Consider using tools like walkers or canes if you have an unsteady gait or pain or weakness in your legs. These tools can help you stay mobile for longer. Wear clothing such as sturdy shoes or nonskid socks to help reduce your risk of falling.

# ABOUT REACH

**REACH** is dedicated to improving the quality of care for Florida's older adults. The Florida State University College of Medicine, Department of Geriatrics has been federally funded since 2015 to work with a variety of local, state, and national partners to enhance Florida's workforce that cares for older adults. Please visit our website to learn more.

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