




STAYING STEADY THIS FALL


Fall risk is higher for adults with vision impairment, but a few simple tips can help increase safety and confidence.

 **LIGHT IT UP** - Use consistent, bright lighting in hallways, stairs and entryways.

 **CLEAR THE WAY** - Keep floors free of clutter, cords and loose rugs.

 **USE CONTRAST** - Bright tape or contrasting colors on steps, doorframes, or railings help define edges.

 **MOVE WITH MINDFULNESS** - Take your time, scan your environment and use mobility aids if recommended.

 **STAY ACTIVE** - Gentle exercises improve balance, strength and body awareness.

Falls are preventable - and staying safe means staying independent.

If you or someone you love is experiencing vision loss and could benefit from our services, please contact **Future In Sight** at services@futureinsight.org or 603-224-4039.

