Hadley

Preventing Falls Sample

Let's face it, no one wants to fall. And the older we get, the more we want to and truly need to avoid it, no matter our level of vision. The good news is there are some simple things we can all do to reduce the chances of falling. So let's get at it.

For starters, to make this work, everything you learn here should be shared with everyone in your household. Let them know it's important not to move or rearrange any furniture without letting you know. Also, remind them to keep all cabinet and appliance doors closed. This also applies to keeping all walkways clear of cords and area rugs and closing all downstairs entryway doors like basements.

Moving your laundry room to the first floor will eliminate the risk of trying to hold onto a stair rail and a laundry basket, a feat that becomes impossible if you've also got a cane.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you, your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you'd prefer to talk through these questions, we're just a phone call away, at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left of and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts, like me. Now, where were we?