

## STEP 2: Make Your Choices – Need Help

### Make a plan that works for you

Pick one or more goals from the list. Then, check any of the matching tips that best fit how you want to meet your goal.

GOAL:	TIPS:
<input type="checkbox"/> <b>I want to stay in good health.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Participate health and wellness programs (Chronic Disease Self-Management Program, Tai Chi, Arthritis, falls prevention, grief support, etc.)</li> <li><input type="checkbox"/> Stay active and exercise daily</li> <li><input type="checkbox"/> Take medications as prescribed</li> <li><input type="checkbox"/> Follow special diets</li> <li><input type="checkbox"/> Eat a healthy diet</li> <li><input type="checkbox"/> Seek medical/dental advice and treatment for any concerns</li> <li><input type="checkbox"/> Routinely participate in leisure, social, and recreational activities</li> <li><input type="checkbox"/> Get a life alert device</li> <li><input type="checkbox"/> Complete a <a href="#">home safety checklist</a></li> <li><input type="checkbox"/> Other: _____</li> </ul>
<input type="checkbox"/> <b>I want to manage my chronic disease or condition.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Get an annual Medical Wellness Visit</li> <li><input type="checkbox"/> Schedule doctor visits as recommended to discuss concerns and to monitor health condition and medications</li> <li><input type="checkbox"/> Get routine dental care</li> <li><input type="checkbox"/> Don't rush and take your time getting around.</li> <li><input type="checkbox"/> Wear non-skid, proper fitting footwear.</li> <li><input type="checkbox"/> Walk with another person if you need help staying stable.</li> <li><input type="checkbox"/> Other: _____</li> </ul>
<input type="checkbox"/> <b>I want to improve my social activities.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Set-up/attend at least 1-2 social outings each week.</li> <li><input type="checkbox"/> Stay connected to friends, family, and neighbors.</li> <li><input type="checkbox"/> Get involved with a group activity or event each week.</li> <li><input type="checkbox"/> Invite people over to my home.</li> </ul>
<input type="checkbox"/> <b>I want my feet to feel better.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep your feet clean and dry daily.</li> <li><input type="checkbox"/> Keep your toenails trimmed.</li> <li><input type="checkbox"/> Check for bunions, corns, calluses, and warts.</li> <li><input type="checkbox"/> Routinely use podiatry services for foot care.</li> <li><input type="checkbox"/> Use supportive footwear with non-skid soles that fit well.</li> <li><input type="checkbox"/> Other: _____</li> </ul>

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**I want to improve my balance and build my strength.**

- Talk with your doctor or health care provider about your goal to prevent falls and what physical activity is good for you.
  - Walk every day, even if only around the house. Weather permitting, find your favorite outdoors places to walk including shopping malls.
  - Find another person to walk or exercise with.
  - Join a health club or community center for fitness activities.
  - Develop a daily exercise routine for at least 30 minutes/day.
  - Attend a falls prevention class such as "*Matter of Balance*" or "*Tai Chi*" in your area.
  - Other:
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**I want to reduce side effects of my medications.**

- Talk with your pharmacist and doctor about all of your medications and any side effects you have.
  - Keep an updated list of your medications with you.
  - Note the effects of alcohol, beverages, or food interacting with your medications.
  - Other:
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**I want to improve my vision.**

- Get an annual eye exam.
  - Replace your lenses as recommended. Ask for financial assistance if needed.
  - Keep your glasses clean and adjusted.
  - Wear sunglasses to reduce glare when outdoors.
  - Allow your eyes time to adjust when moving from light to dark areas.
  - Keep your home well lit.
  - Other:
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**I want to feel secure when I stand.**

- Have your blood pressure taken regularly – both sitting and standing.
  - Tell your doctor if are dizzy when standing.
  - Have a secure handhold when standing.
  - Other:
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**Other things I want to do:**

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