



# MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

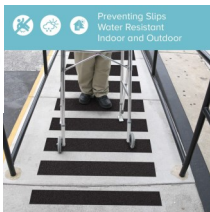
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I've fallen and I can't get up.

Fall safety and prevention are important topics to discuss as we age. Falls can happen for a number of reasons, vision loss, environmental factors or decreased strength, but whatever the reason, the *prevention* is key!

As we age, especially with dementia, our depth perception changes. Over time, it becomes difficult to accurately judge distances and navigate your surroundings; especially when dealing with steps or uneven surfaces. *Glow-in-the-dark* or *checkerboard tape* can be very helpful in these situations. A caregiver can outline their loved one's steps (indoor/outdoor) around the perimeter, so the person can tell where one step ends and the other begins. Hopefully preventing a fall.



Weather and other environmental factors such as frost, wet leaves, or dew can potentially cause falls. Whether you have a wheelchair ramp or outdoor steps, *Grip Tape* can come in handy! By applying the tape, you add additional traction with every step, increasing comfort and home safety!



Checkerboard Tape



Glow-in-the-dark Tape



Grip Tape

***Assistive Technology is not one size fits all. It is about personal choice and what best fits your loved one's needs.***

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / [sgay@macinc.org](mailto:sgay@macinc.org) or ext 146 - Katie Clatterbuck / [kclatterbuck@macinc.org](mailto:kclatterbuck@macinc.org)

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