

TOOL:

Week-at-a-glance

Daily reminders to help prevent falls

Week of: _____



Reminders (check ✓)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Move your body							
Take medications							
Drink water							
Wear well-fitting and supportive footwear							
Check for and remove tripping hazards							
Use assistive devices (e.g. hearing aid, walker)							

Appointments for this week: