

Mobility Tip Sheet

CAREGIVING TIPS & HACKS

Use a Shelf Liner as a Leg Lifter

AARP



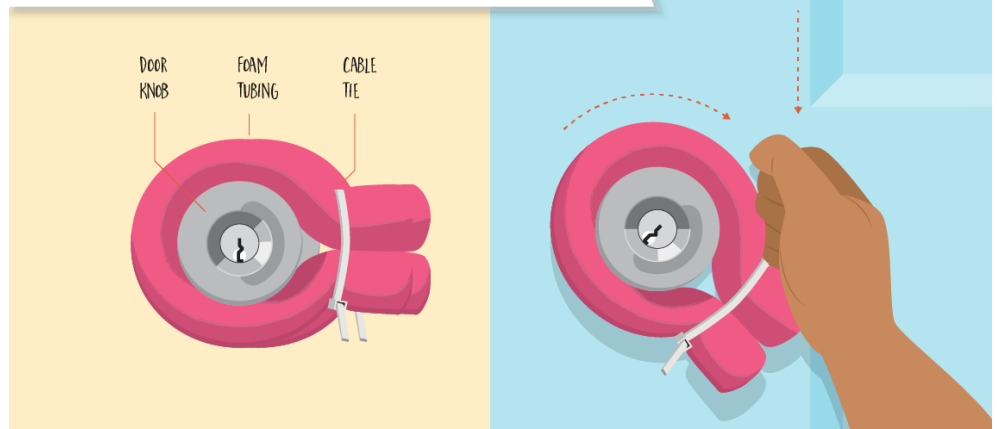
A sturdy grade of rubberized shelf liner can be cut into strips and used as a leg lifter.

CAREGIVING TIPS & HACKS

Convert doorknobs for ease of use

AARP

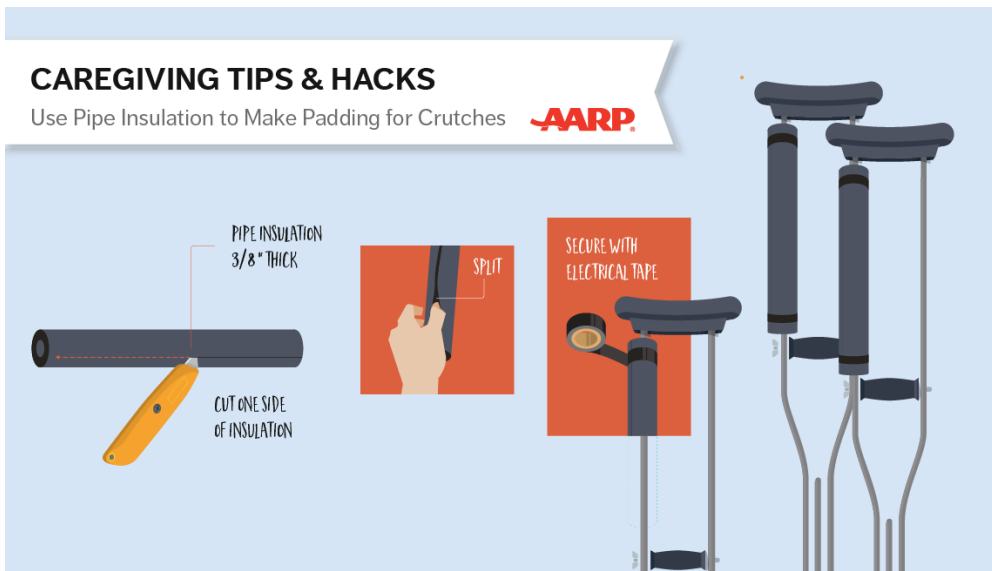
Using foam tubing and a cable tie to improve the usability of a doorknob. Cut the foam tubing to fit around the doorknob with excess at the ends to tie off.



CAREGIVING TIPS & HACKS

Use Pipe Insulation to Make Padding for Crutches

AARP

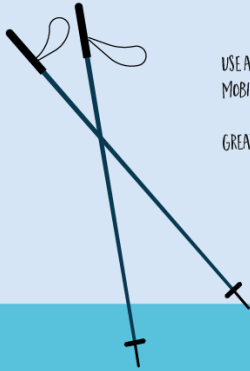


Crutches can be very hard on the hands. Avoid skin irritation and bruised ribs by using pipe insulation, electrical tape, and box cutter to create a softer grip.

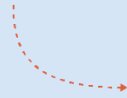
CAREGIVING TIPS & HACKS

Stay Mobile with Hiking Sticks

AARP



USE A PAIR OF HIKING STICKS TO HELP WITH BALANCE, MOBILITY AND REDUCE STRAIN ON KNEES
GREAT FOR EXERCISE WHEN SYNCHRONIZED WITH ARMS



Walking with a pair of hiking poles can help with balance, mobility and reduce strain on the knees.

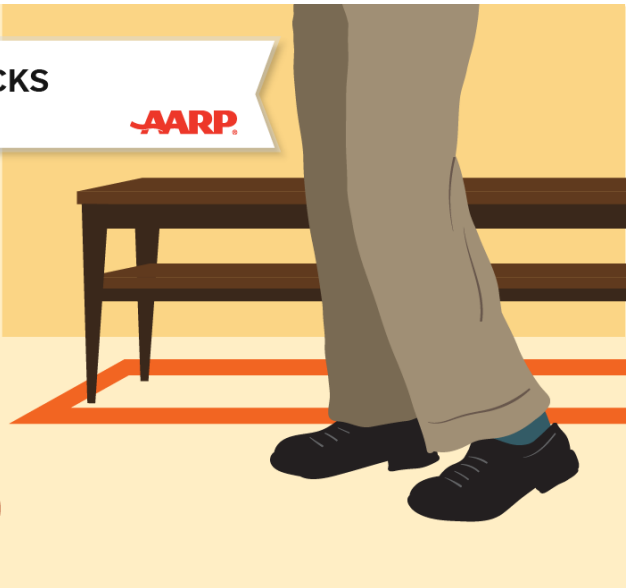
CAREGIVING TIPS & HACKS

Use Color to Prevent Falls

AARP



USE COLORED TAPE TO OUTLINE EDGES OF STEPS AND COFFEE TABLES



CAREGIVING TIPS & HACKS

Use Glow in the Dark Tape as a Guide at Night

AARP



GLOW IN THE DARK TAPE CAN BE USED AS A GUIDE FOR HALLWAYS,

LIGHT SWITCHES

THERMOSTATS



Make navigating your house at night a little easier by putting glow-in-the-dark tape around light switches, thermostats, and as a guide around baseboards and doorways.