

Q) You need to call your pharmacy. The name of the pharmacy is Smith's Pharmacy under the white pages in your phone book, what letter would you look under?
A: "S"

Q) You want to sit down in your chair. You do not grab the arms of the chair before you sit down. You rise the seat and fall down onto the floor. Why did you fall on the ground?
A: you did not grab the seat/seat handles before you sat down. You were unable to feel for the chair.

Q) After you take your medication, you feel abnormal. You're dizzy, sweating, and vomiting a little. You feel that something is wrong. What should you do?
A: Call 911, police control, family member, reliable friend, or neighbor.

Q) You are walking onto your porch using the stairs. The stairs have a rail attached. You should not be out the rails. At the top step, you fall backwards and hurt your back. What should you have done?
A: You should have grabbed the rails attached to the steps.

Q) You have hardwood floors in your house. When you get out of the bed in the morning, you choose regular white socks instead of the no-slip socks. You walk to the kitchen to grab some coffee. Before you reach the kitchen, you slip and fall on your back. What should you have done?
A: Chose the no-slip socks.

Q) Your's grandson comes over to play. He empties out the entire toy box onto your living room floor. Your's grandson then leaves. You decide to clean it up later. That night after you forget about the toys, you reach to turn the television on and slip over while sitting down. You're back into several other toys. What would have been a good solution?
A: Have your grandson pick up the toys before he leaves, clean up the toys after he leaves.

Q) You rely on a walker to get throughout the house. You wake up in the morning and decide you can make it to the kitchen without it. As you approach the kitchen, your legs become weak and you fall in the kitchen. What should you have done?
A: Used the walker in the beginning.

Q) You schedule a doctor's appointment for three months in advance. What would be a good way to remember this appointment?
A: Write it down on a calendar or schedule. Notify a family member or reliable friend that usually talks to you.

Q) You fill up a glass of water and accidentally spill some on the floor. You do not clean it up. Later, you come back into the kitchen without noticing the water, you slip and fall. What should you have done?
A: Cleaned up the mess after it happened. If you are unable to reach it with your hand, use a mop to soak up the water.

Q) You are in the hospital/ nursing facility and you aren't able to get out of bed. You need to use the restroom. What should you do first to notify nursing?
A: Push the call light button.