

This printout page is also interactive:

If you are connected to the internet, clicking on a strategy will take you to the website where you can find more PCA tips and strategies.



Railings/banisters on the stairs



Using a cane to support walking



Colour contrast door frames and light switches



Brightly coloured stickers on key locations/items



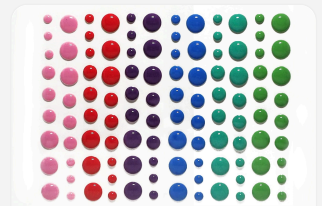
Using ramps where possible



Passenger assistance when travelling



Holding on to someone's arm when walking



Tactile markers (brightly coloured raised stickers)



Visual cues to help with navigating around the house



Using a symbol cane to alert others to difficulties



Lever that helps with getting in and out of bed



Car mobility aids to help with getting in and out



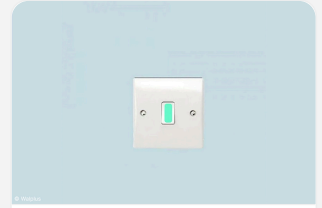
Using screens/furniture to help mark routes at home



Bright tape on the edge of stairs/steps



Decals/stickers on glass doors



Glow in the dark stickers for light switches



Calling ahead when going out



Knob on end of the stair handrails to indicate the end



Using stairlift

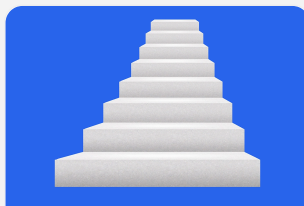


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Using a mobility/gait/grab belt



Tucking chair in gently behind the person with PCA



Counting stairs



Help with stepping off escalator



Taking the lift instead of escalators



**Making use of
the tactile
buzzers when
crossing
the road**