

Help with BALANCE and WALKING

As memory loss progresses, your loved one may become stiff or awkward, may develop stooped or leaning posture or a shuffling walk. This is due to damaged areas of the brain which control muscle movement.

Tell your health care provider about *any change in walking, posture, stiffness, repetitive motions, or falling*. This may be due to memory loss or there may be a reason that can be treated.



- Put away scatter rugs.
- Pad steps and corners of furniture.
- Chairs and furniture they lean on should be sturdy.
- Simplify traffic patterns in the home.
- Get things out of the way.

- Tightly install handrails.
- Consider which works better. Smooth or sticky shoe bottoms?
- If they will, have your loved one take your arm—hold your arm close to your body.



- If they can't learn to use a cane or walker properly, then it is safer not to use it.