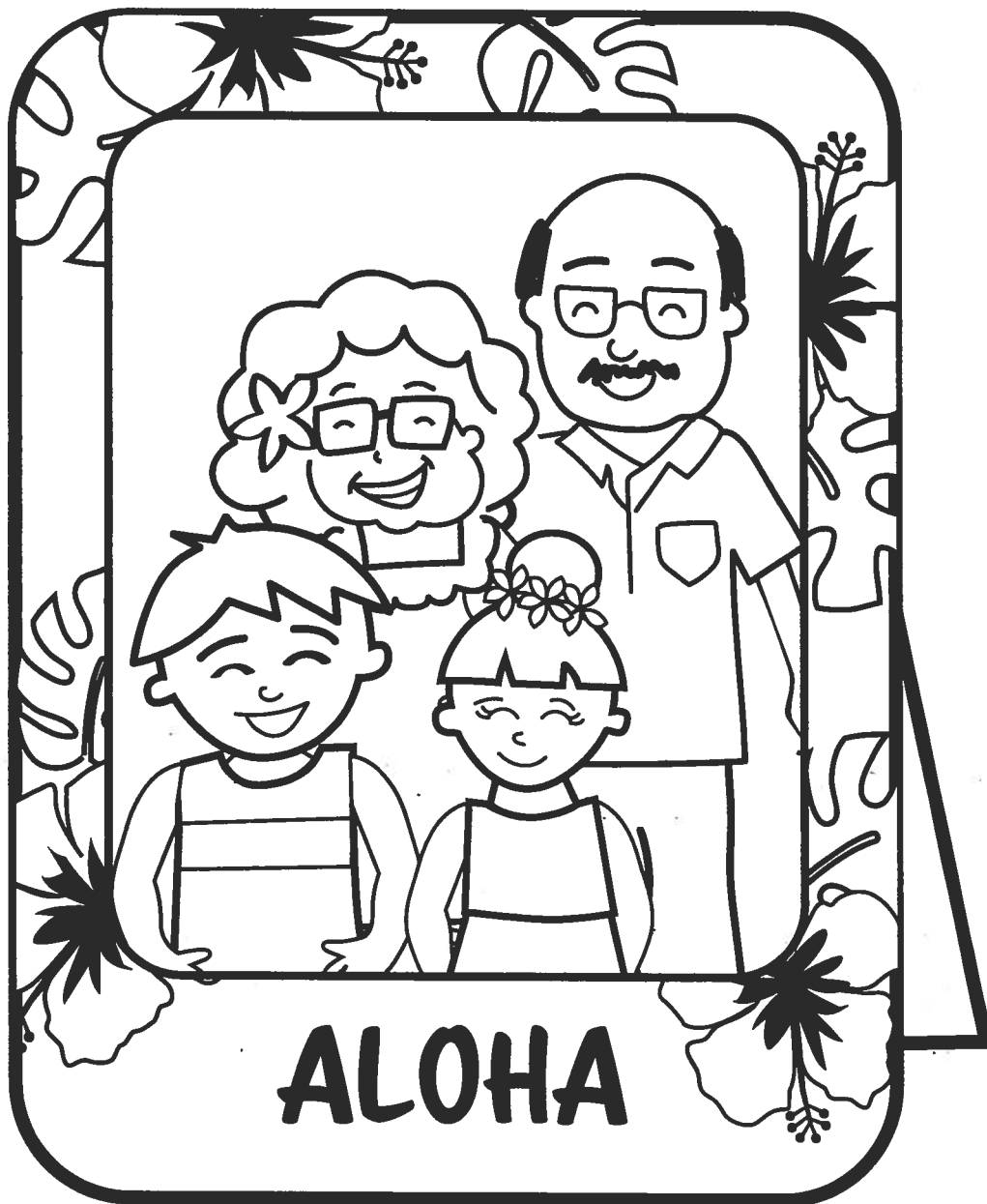


# GETTING READY FOR PAPA AND TŪTŪ'S VISIT

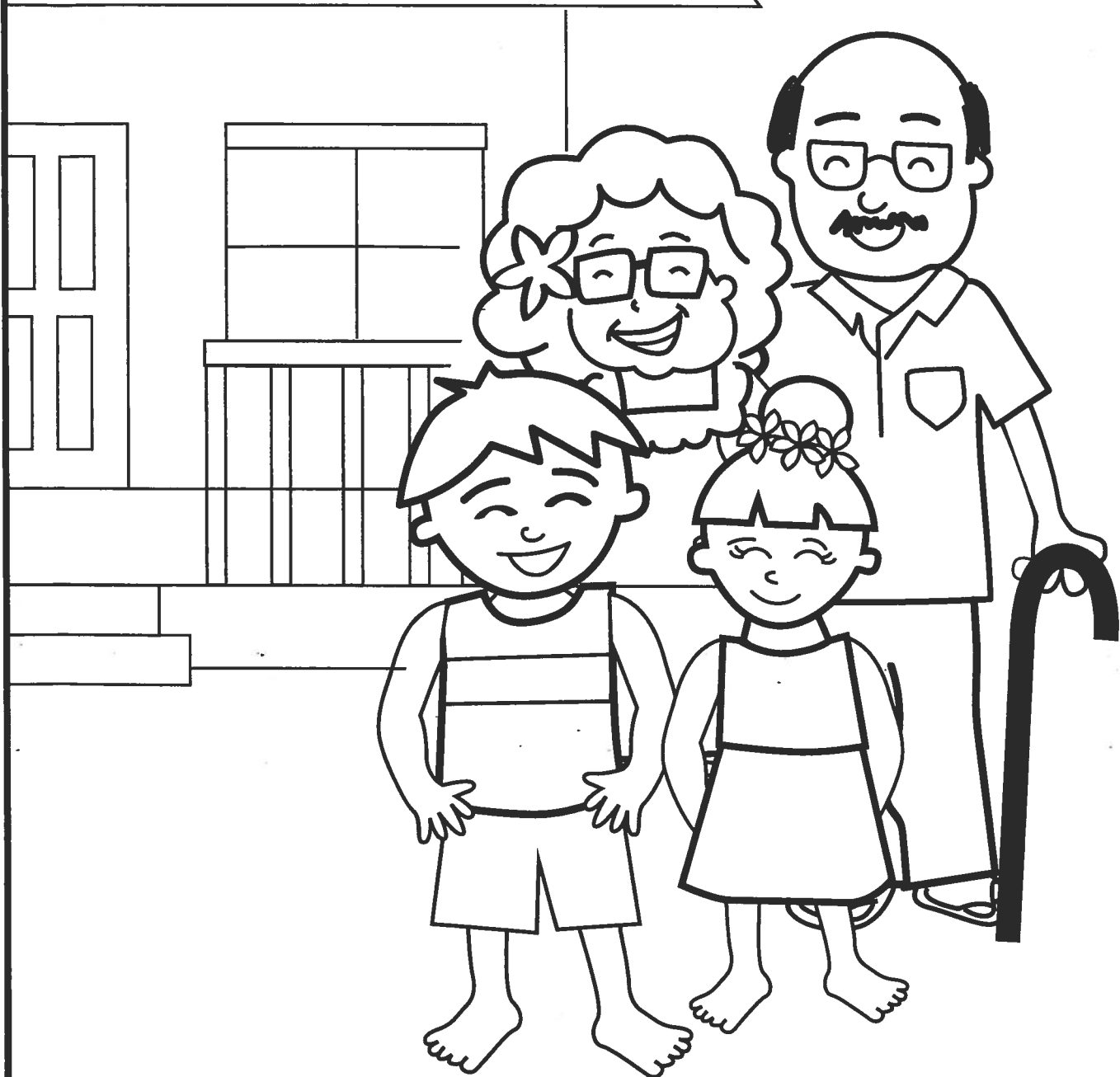
A Falls Prevention Coloring Book



Nā Hoaloha | Maui Interfaith Volunteer Caregivers

**Papa and Tūtū's coming for dinner. We need to  
make it safe for them.**

***Color each page and circle all of the dangers that  
obstruct Tūtū.***





**Mom told me to put away the slippers so Papa and Tūtū won't trip on them. Can you help me match the pairs of slippers to put on the shelf?**

***There are \_\_\_\_\_ pairs of slippers.***



**Tūtū always helps out in the kitchen. Let's bring down the shoyu, pepper, and salt for her so she won't need to reach so high to make dinner 'ono. Hey, pōpoki (cat) and 'īlio (dog), go outside so Tūtū doesn't trip on you.**



**Oh no, let's clean the hallways and stairs so Papa and Tūtū don't trip on my toys or braddah's clothes.**

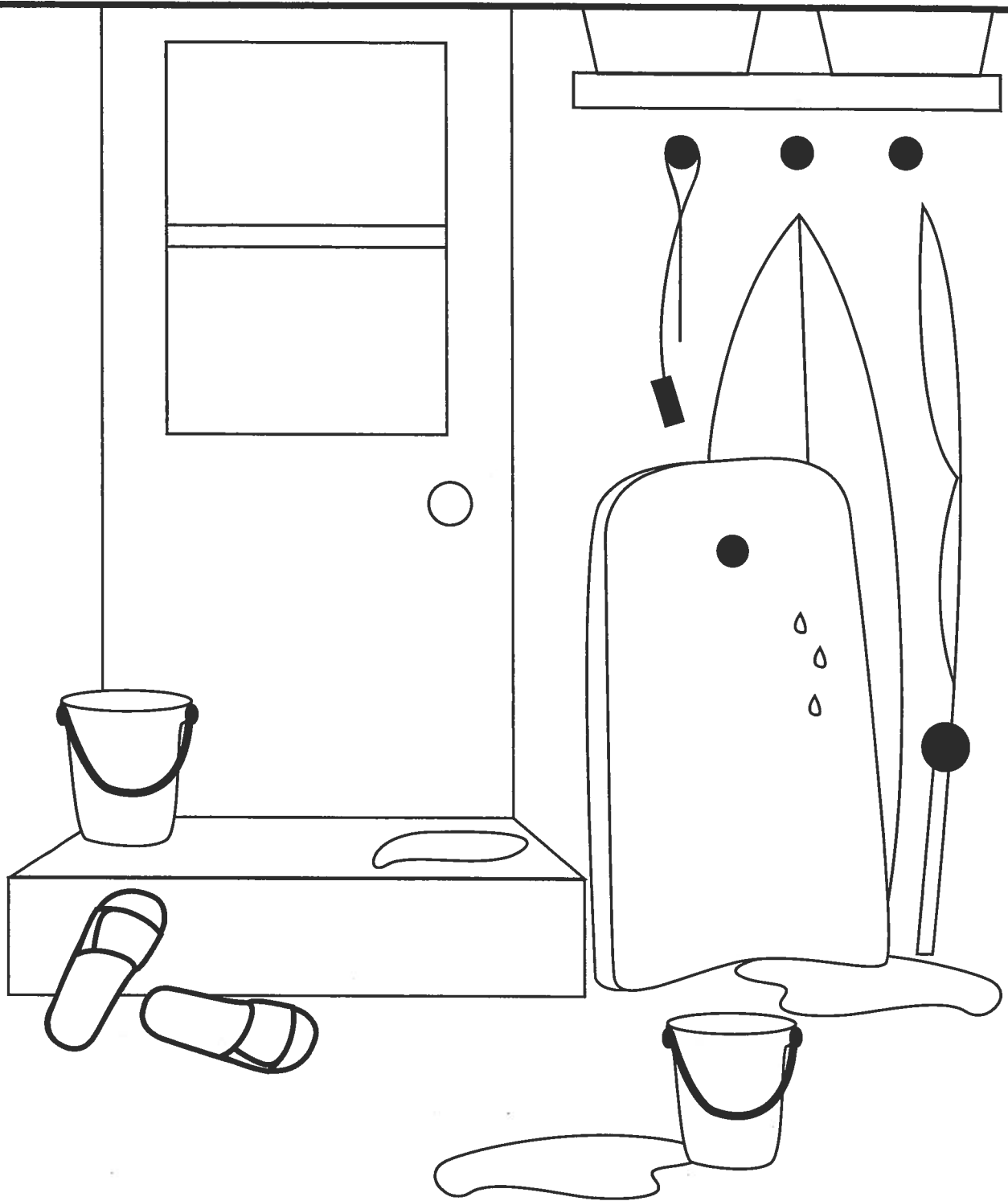


**Ahh, the bathroom is a mess.**

**I have to put the clothes in the hamper and clean the wet floor from braddah's shower so Papa won't slip. Oh no, I almost tripped on the rug. We need to pick up this bath mat so Papa won't trip on that.**



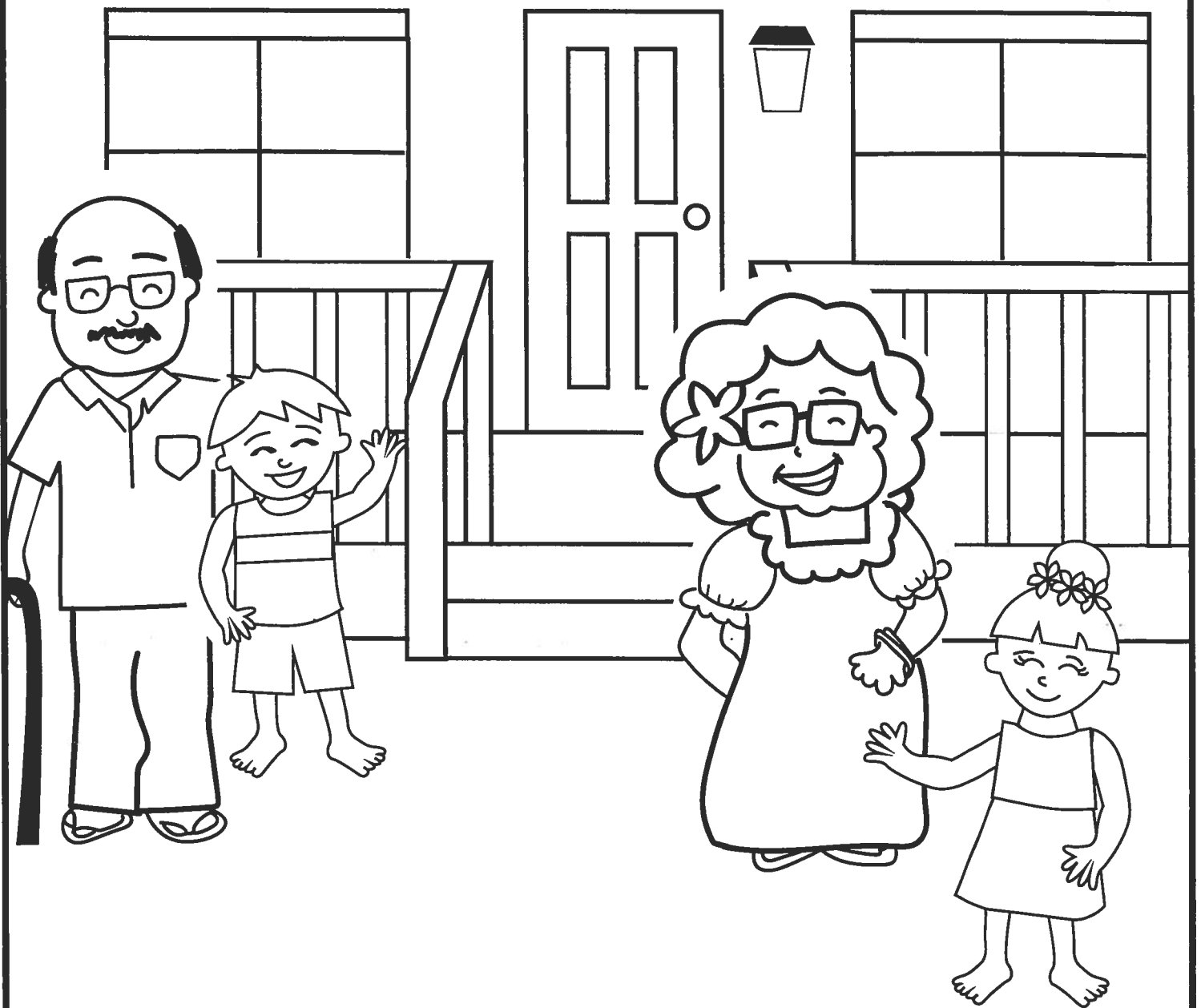
**Mom told me that Papa likes to pick the mangoes because it reminds him of his childhood days, so I better clean the backyard too. We need to pick up all those fallen mangoes and leaves so Papa won't trip on them. Dad left the hose out. Papa will trip on that hose. Let's wind it up so he won't trip on it.**



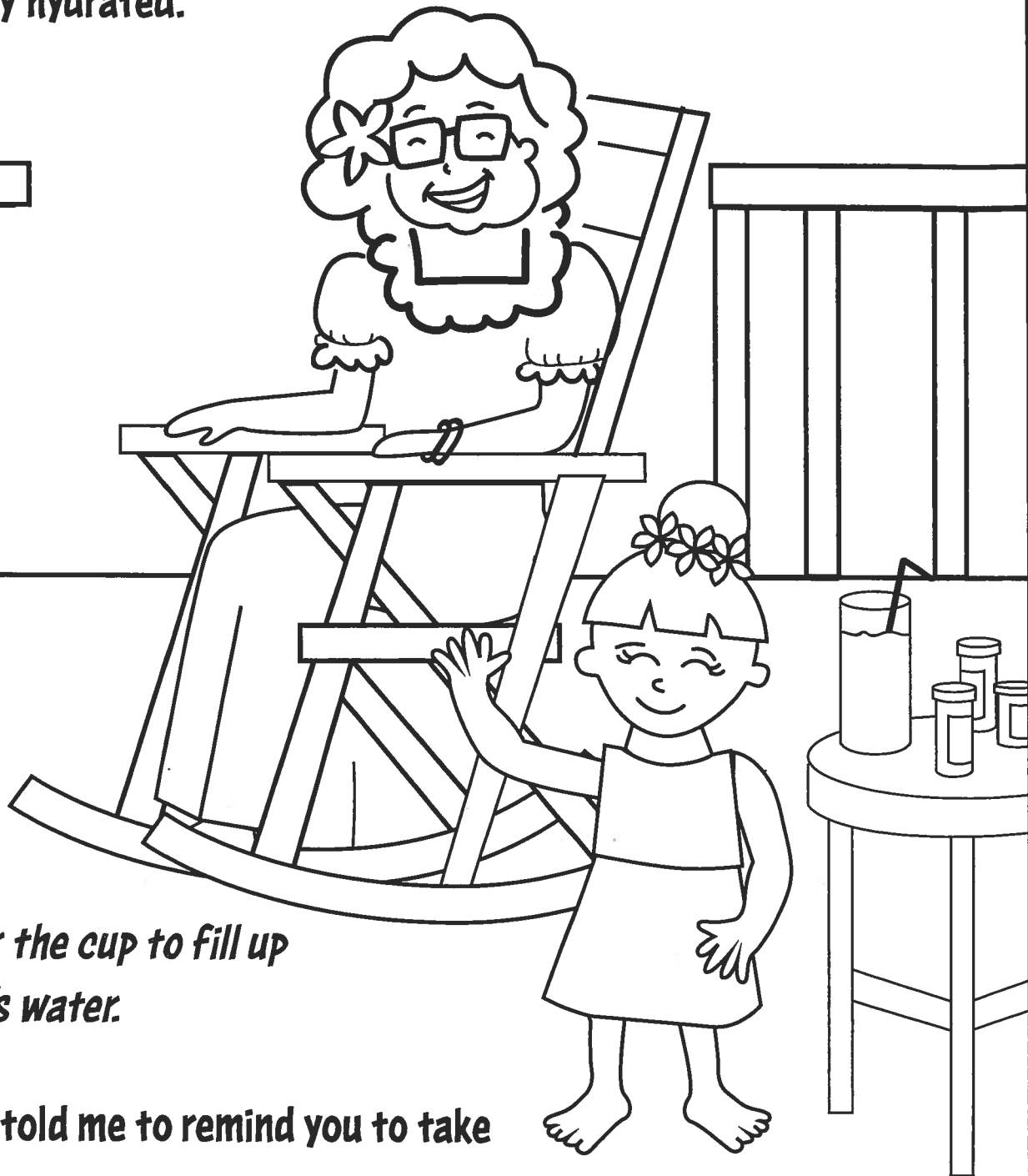
**Braddah just got back from the beach. He caught fish for dinner and surfed. We need to wipe up all of the puddles and make sure that he puts back all his fishing gear and surfboard.**



**Yay. It's finally time. Here comes Papa and Tūtū. Let's help them in the door. Watch your step, Tūtū. Give me your hand and I'll help you up.**



**Dinner won't be ready for a while. Let's sit outside.  
"Tūtū, how was your day?" Let me get some water for  
you because I know you had a long day and you need to  
stay hydrated.**

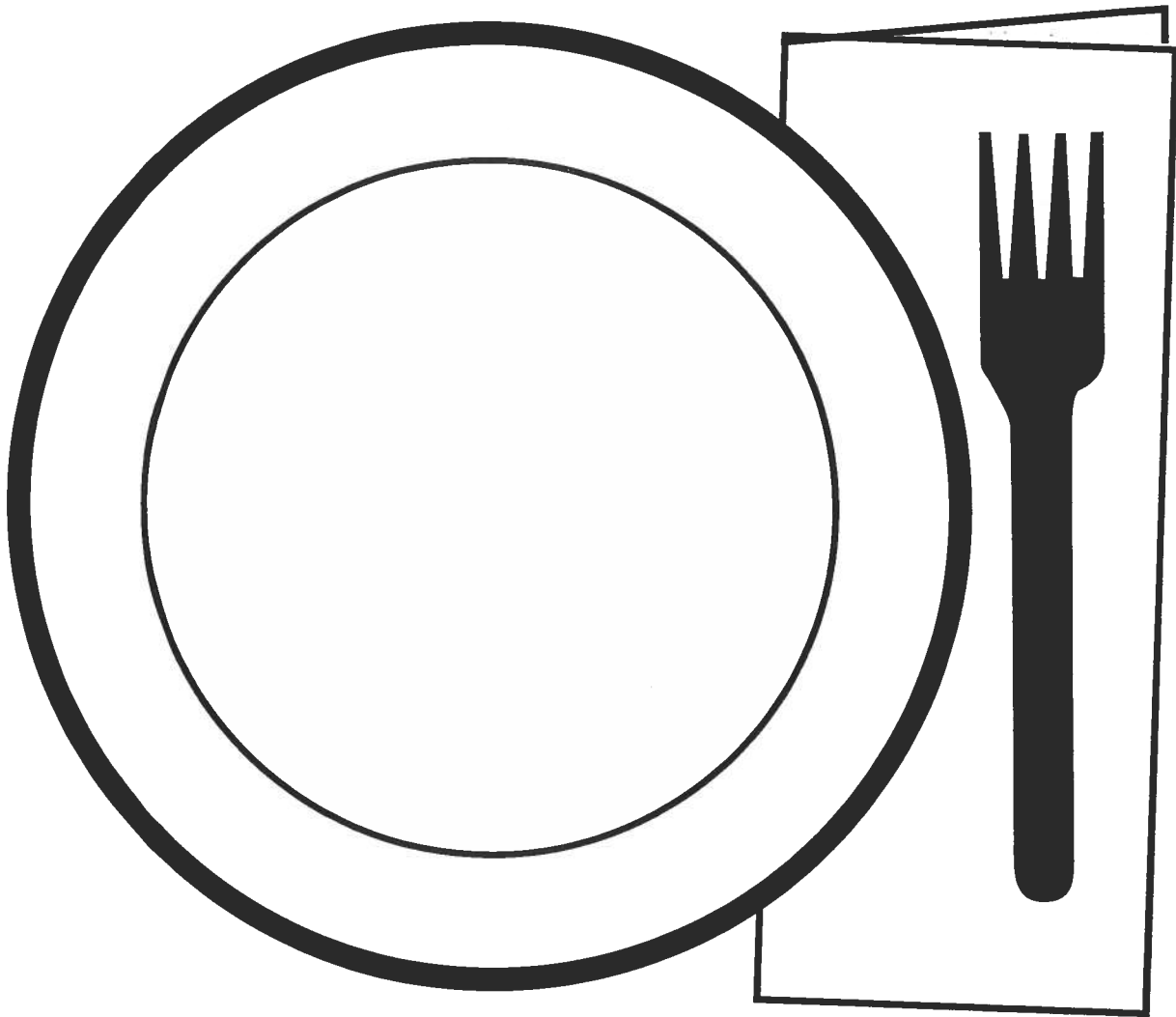


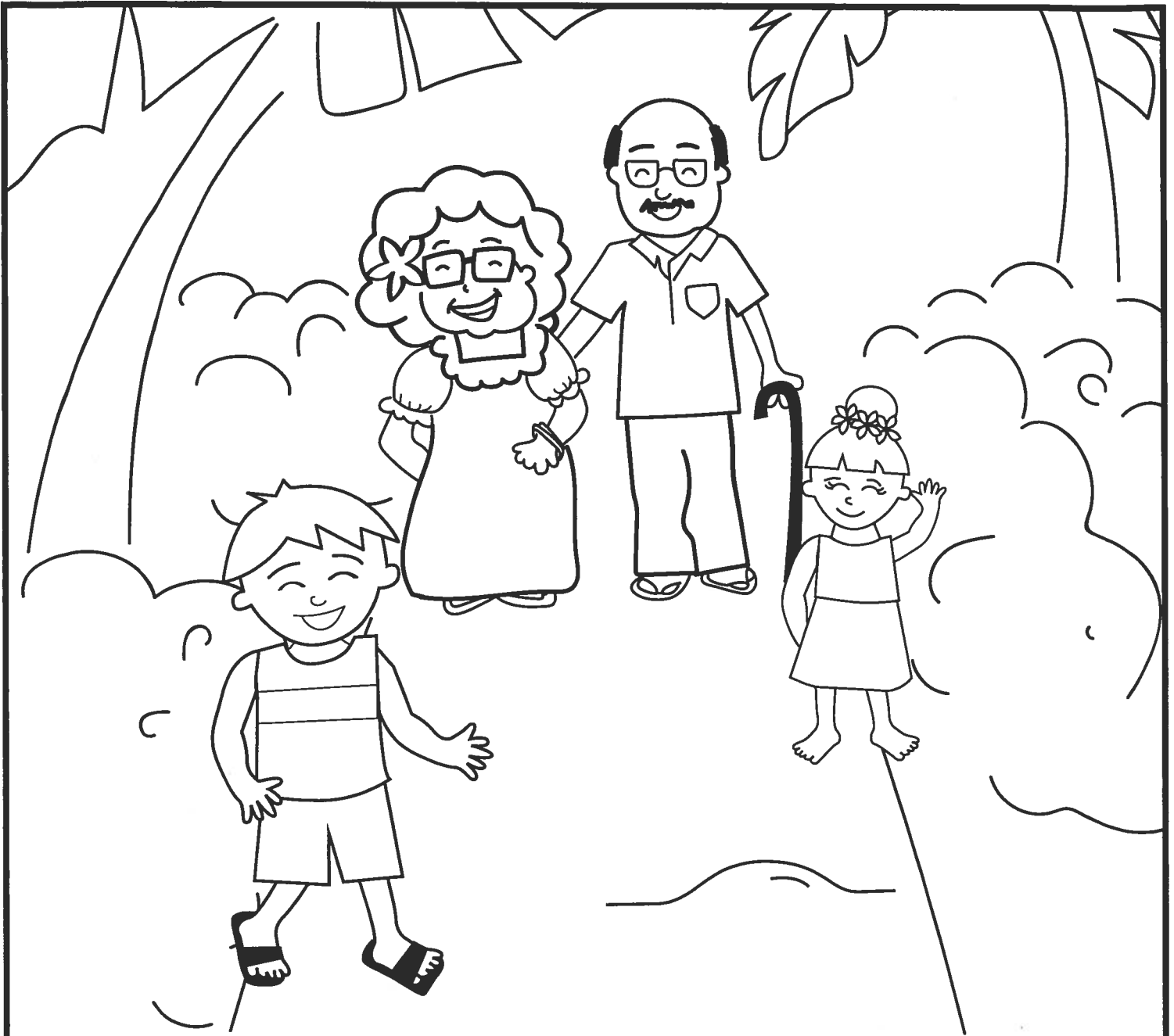
***Color the cup to fill up  
Tūtū's water.***

**Mom told me to remind you to take  
your medication before dinner.**

**Let's eat! Papa and Tūtū always go first because it's polite, plus they need to get all of the food groups on their plate to keep healthy.**

***Draw all the food groups on the plate for Papa and Tūtū.***

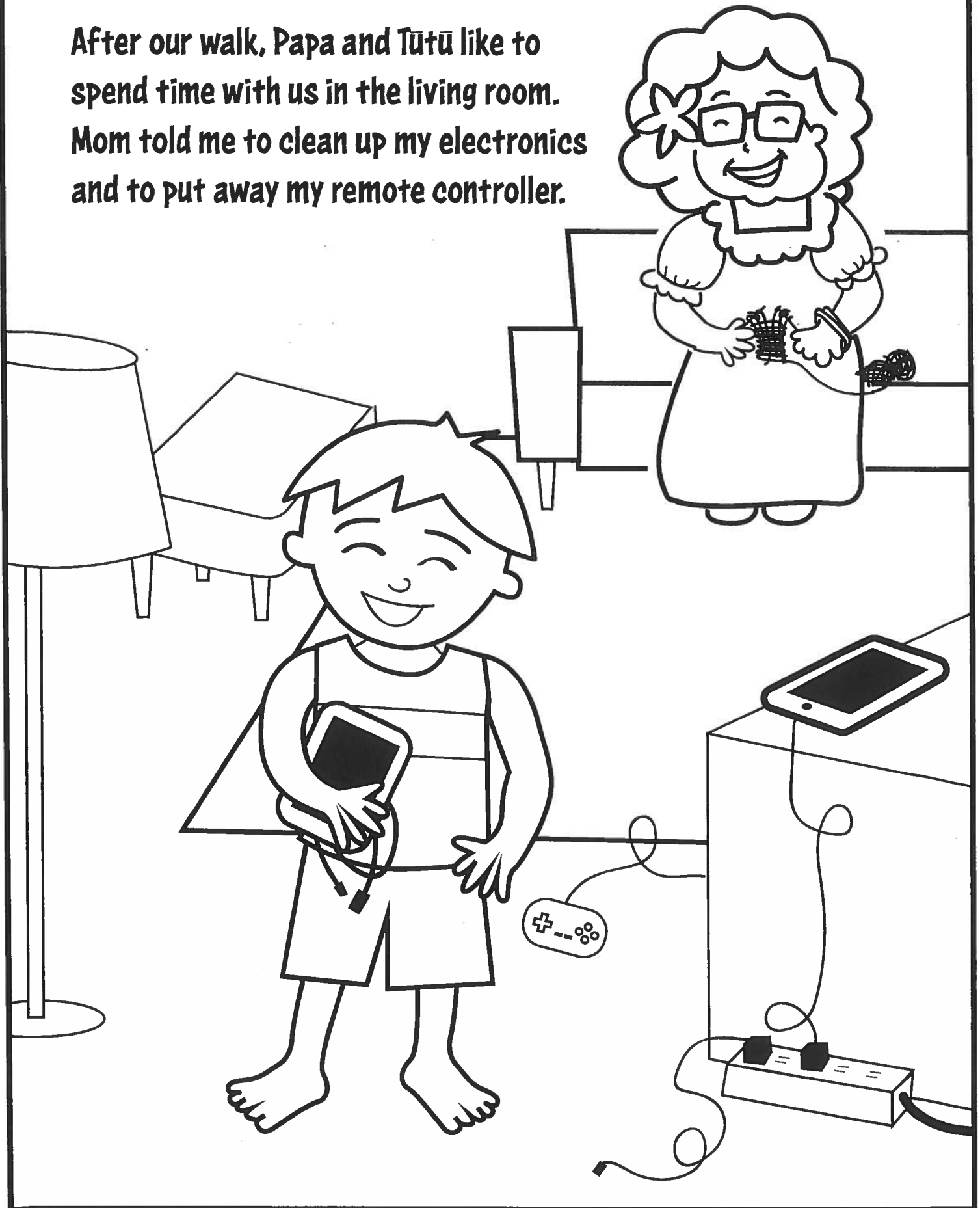




**That was a big dinner. Papa and Tūtū like to keep fit so we take them walking after dinner. Tūtū says exercising helps prevent them from getting sick. It even helps them to keep their body mobile so they can move about. "Watch out for that bump in the sidewalk."**

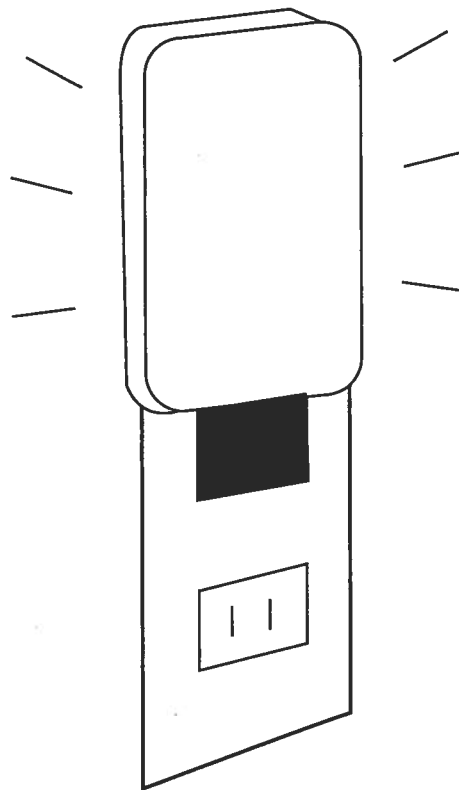
***Circle the bump in the sidewalk so Tūtū won't trip.***

After our walk, Papa and Tūtū like to spend time with us in the living room. Mom told me to clean up my electronics and to put away my remote controller.

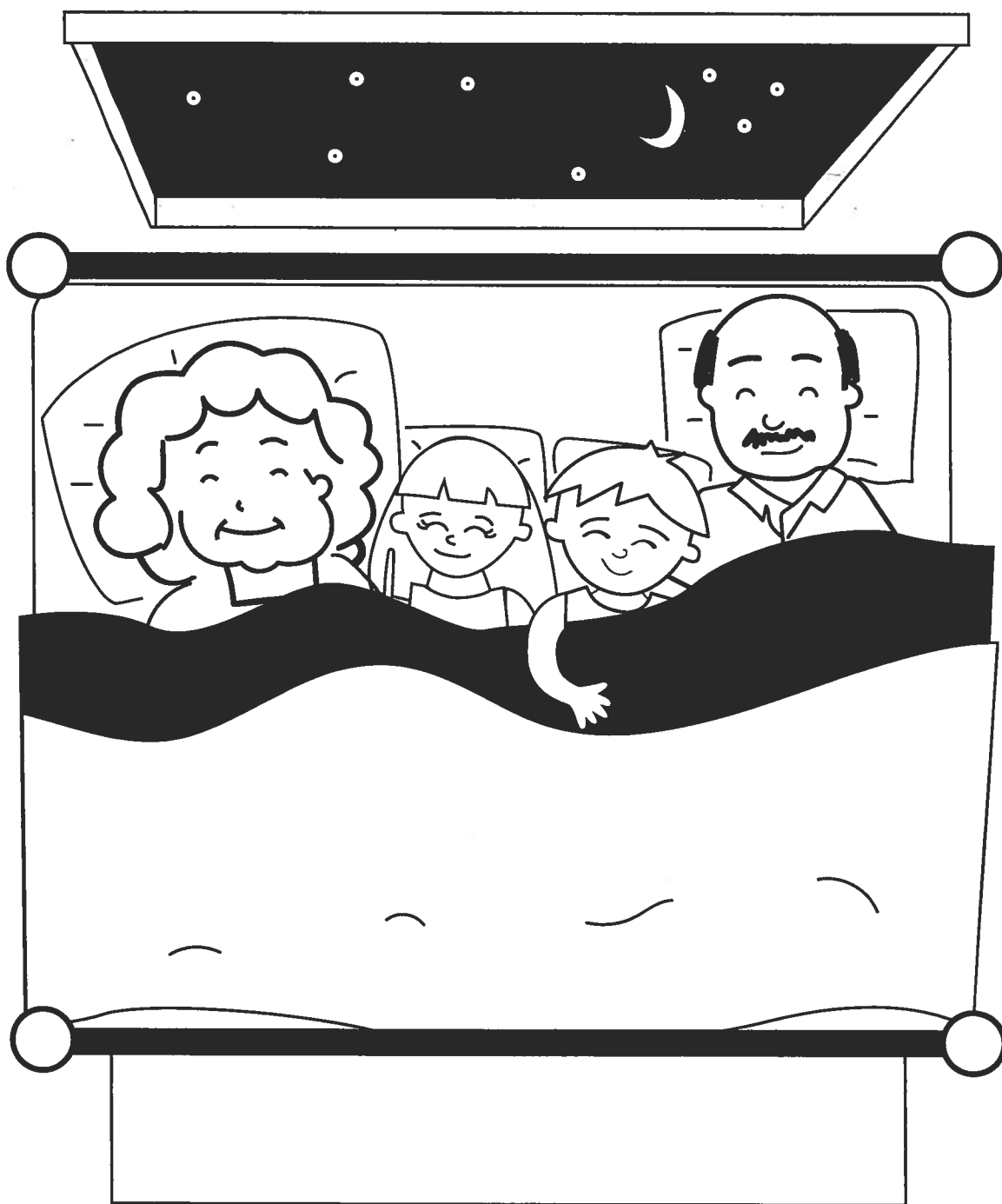


**Papa and Tūtū stayed too late. It's not safe for them to travel in the dark. They'll spend the night. The hallway is too dark. They might have a hard time to get to the bathroom. Let's turn on the nightlight so they can see where they're going.**

*Color the nightlight to turn it on.*



**"Goodnight Papa! Goodnight Tūtū!" Phew that was hard work but I'm so happy that Papa and Tūtū are safe at our house.**



# FALL RISK ASSESSMENT CHECKLIST

## BATHROOM

PROBLEM AREA	YES/NO	RECOMMENDATION
Is the path from the bedroom to the bathroom well lit?		Install nightlights in the pathway to the bathroom.
Are grab bars installed in the tub/shower? NOT TOWEL BARS		Install grab bars/rails.
Is it difficult to stand during the shower?		Use a shower seat so you can take a bath or shower sitting down.
Does the shower and tub have non-slip mat?		Install non-skid strips or a non-slip mat.
Is there any water on the floor after a bath/shower?		Patch and caulk leaks.
Is it difficult to get on or off the toilet?		Install raised toilet seat and handrails near toilet.

## BEDROOM

PROBLEM AREA	YES/NO	RECOMMENDATION
Is there a long reach from the bed to a light?		Move the lamp closer to the bed or attach a light to the headboard. Consider touch or clap lamps.
Is it necessary to get out of bed or reach far to get to a telephone?		Install longer phone extension cord or a cordless phone within easy reach of the bed.
Is it necessary to get out of bed or reach far to get eyeglasses?		Store eyeglasses within easy reach of the bed.
Are there telephone, light, or television cords running along the floor or the walkways?		Tape cords and wires to the wall. Arrange furniture so that outlets are available for lamps, telephone and other devices without the use of extension cords.
Is there clutter (shoes, books, etc.) on the floor?		Remove clutter from pathways, including small rugs. Install nightlights in the pathway to the bathroom. Place a portable commode near the bed to eliminate nighttime trips to the bathroom.

## STAIRS AND STEPS

PROBLEM AREA	YES/NO	RECOMMENDATION
Do you have sufficient lighting?		Make sure you have light switches at the top and bottom of the stairs.
Are your stairs and steps safe?		Make sure your stairs are in good repair, free of clutter and have a non-skid surface.
Do you have carpets or coverings on your stairs/steps?		Make sure runner mats, carpets or other floor covering on your stairs are well fastened.
Are any of your handrails loose?		Make sure there are solid handrails or banisters on both sides of the stairway.
Are you prepared to take the stairs?		Remove your reading glasses and never rush up and down. It is a major cause of falls.



# FALL RISK ASSESSMENT CHECKLIST

<b>LIVING AREA</b>		
<b>PROBLEM AREA</b>	<b>YES/NO</b>	<b>RECOMMENDATION</b>
Do carpets, rugs and floor coverings have frayed corners or rolled up edges?		Remove all throw rugs or scatter mats or use a non-skid backing with flat edges. Make sure they are not in high traffic areas, or at the top or bottom of the stairs.
Are walking areas free from clutter?		Make sure all walking areas are clear of clutter, telephone or electrical cords and other obstructions.
Do you have pets in your home?		Watch that your pets are not under foot. Put a bell on their collar so that you know where they are.
Is the living room area well lit?		Make sure all rooms, stairs and balconies are well lit with non-glare lighting.
Are all living areas slip free?		Make sure you have a non-slip surface on balconies, porches or lanai's.
Are chairs and couches low to the ground?		Higher chairs and armrests are helpful in easing into a sitting position.
Do you have to get up to answer the phone?		Keep a phone close by. Cell or cordless phones are helpful. Keep a phone close to the floor to call for help in the event of a fall.
Do you know how to get help if you should fall?		Consider acquiring a personal alarm device that you wear around your neck or wrist to call for help by just pressing a button.

<b>KITCHEN</b>		
<b>PROBLEM AREA</b>	<b>YES/NO</b>	<b>RECOMMENDATION</b>
Are your frequently used items easy to reach?		Place frequently used items in an easy-to-reach location with heavy items in lower cupboards.
How do you reach higher placed items?		If you have good balance, use a stable step stool with a safety rail for reaching high places - otherwise ask for help. Do Not stand on chairs or other unstable furniture.
Are your floors safe?		Always wipe up any spills immediately to avoid slipping. Avoid floor wax, or use non-skid kind. Remove floor mats or throw rugs or secure them to the floor.
Do you need help?		Install non-skid strips or a non-slip mat.

<b>Person Assessed:</b>	<b>Date:</b>	<b>Phone Number:</b>
<b>Assessment completed by:</b>		
<b>My mom/dad helped me.</b> (circle one)		

Parent/Guardian Signature



# Nā Hoaloha

COMPASSIONATE CARE FOR INDEPENDENT SENIORS

Our programs are supported in part by a grant from the Maui County Office on Aging and the State Executive Office on Aging; as well as The May and Stanley Smith Charitable Trust, Hawaii Community Foundation, other grantors, fundraising and generous donations.

As a former board member, supporter of Nā Hoaloha and big supporter of falls prevention to keep kūpuna safe, this coloring book is dedicated to *Grandma May*.

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