

Published on *SeniorNavigator* (<https://seniornavigator.org>)

[MyMobility Plan](#)

The MyMobility Plan can help you stay safe, mobile, and independent as you age. CDC developed this planning tool to help older adults plan for future mobility changes that might increase their risk for motor vehicle crashes and falls.

Overview

Do you or your loved ones have a plan to stay safe, mobile, and independent as you age? Many people make financial plans for retirement, but don't consider how to plan for potential mobility changes. The [mobility planning tool](#) can guide you to take action today to help keep yourself—or your loved ones—safe, mobile, and independent tomorrow.

Create Your Mobility Plan

Work through the three sections of this mobility planning tool and create your own My Mobility Plan as you discover:

1. **MySelf:** How to stay independent – Tips to manage your health to maintain mobility.
2. **MyHome:** How to stay safe at home – A home safety checklist to help prevent falls.
3. **MyCommunity:** How to stay mobile in your community – A plan to get around in your community.

Why have a MyMobility Plan?

- Falls and motor vehicle crashes are the leading causes of injury and injury death in older adults.
- There are many negative outcomes for older adults if they stop driving or fall, including potential decreases in their health, social interaction, and the ability to get around.

- CDC developed this planning tool, using available scientific evidence, to help older adults plan for future mobility changes that might increase their risk for motor vehicle crashes and falls.
- Adult children or caregivers can also use this planning tool to help older parents, relatives, or friends.

Image

MyMobility Plan

What can you do to stay independent?

Many of us make plans for retirement, but not everyone plans for other changes that come with age. This includes changes in our mobility—our ability to get around. It can be hard to talk about, but physical changes can affect our mobility as we get older. These changes can make it harder to get around and do things we want or need to do—like driving, shopping, or doing household chores.



Download

[MyMobility Plan - English](#)

This PDF is a tool for older adults that provides information on how they can maintain their mobility.

[MyMobility Plan - Tribal](#)

This PDF is a Tribal version of the MyMobility Plan tool for older adults.

Article Source

Centers for Disease Control (CDC)

Source URL

<https://www.cdc.gov>

Last Reviewed

Saturday, July 13, 2024