

# **Do's & Dont's FOR ELDERLY PERSONS**



**VERTIGO & DEAFNESS CLINIC**  
**CLINIC FOR HEARING & BALANCE DISORDERS**

BJ-252, Sector II, Salt Lake, Kolkata – 700 091  
Ph. (033) 40673169, 9830052580, 9836002580, 9051352580



**Please don't lock the doors of washroom from inside.**

**Sit down on a stool or chair when bathing.**



**Don't stand & take a bath even under the shower.**

**Always hold on to the railing when climbing up or coming down the stairs at home and elsewhere.**



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**Keep a hand-hold attached to the wall beside your WC (Western Commode) to hold while sitting on/getting up from the commode.**

**Wear your trousers/pyjamas, underpants sitting on a chair or bed.  
Don't try wearing them while standing**



**When you get up from bed, sit for at least 30 seconds and then stand up near the bed for another 30 secs before walking, especially at night.**

**Always have a night lamp on at night.**



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**Don't walk on wet floors or freshly mopped floors**

**Avoid climbing any stool/ chair/bench to repair/ clean fans, wall-clocks, fixing or cleaning photos or for drying clothes etc.**



**Avoid driving any vehicle alone. Let someone accompany you always**

**Please take medicines as per schedule/Doctor's advice. Don't self-medicate**



**Visit your doctor at least once in 2 months for routine check-ups of blood pressure, pulse rate, basic physical balance, weight, any anaemia, cyanosis, jaundice.**



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**Don't compromise with anyone, on anything which keeps you happy and engaged; some mental depression and dementia is not unexpected in old age, if required seek medical consultation for it but ensure that you remain happy and diligently avoid situations that make you unhappy or makes you feel perturbed. Any bad thoughts coming to mind require immediate psychiatric consultation and evaluation by a psychologist.**

**Please take your spouse / caregiver along with, when you visit the bank, post-office, market or a shopping mall. Never go to these places alone.**



**Use a lift rather than an escalator in a shopping mall**

**Try not to use bifocal or multifocal spectacles, have separate glasses for reading at home and a separate set for distant vision when you are not reading. Keep your spectacles corrected for any change of power (refractive errors) and seek ophthalmological consultation at least once in 6 months.**



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