

# Preventing Falls

At UAB Medicine, patient safety is very important to us. We want to help you get to your appointment. Preventing falls is always important, but we can offer extra assistance in getting you to and from your appointments safely. Please refer to the following tips:



Allow 30 minutes for parking and to get from your car to the clinic. If you require a patient escort, arrive 45 minutes before your scheduled appointment.



To schedule or request a patient escort, call Guest Services at [205-934-2222](tel:205-934-2222). A patient escort can meet you at the door!



Pay attention to changes in the walking surface, such as transitions from tile to carpet, sidewalk to street, and parking blocks.



Avoid flip-flops and ill-fitting shoes. Wear shoes with closed toes and low, sturdy heels. Be sure your shoes remain tied at all times.



Use any assistive devices you may have brought with you. NEVER use a walker or rolling walker as a wheelchair.



Valet parking is available at The Kirklin Clinic of UAB Hospital, Whitaker Clinic of UAB Hospital, and UAB Hospital-Highlands, at a cost of \$5.

**Remember:** We encourage you to ask for help if you feel tired, unwell, or just need a free ride. Your well-being is our priority!