



Former NYC mayor Rudy Giuliani, 73, fell the other day and was hauled off to the hospital. Fortunately, his injuries were relatively light and he should be walking again soon. Other famous oldsters, including astronaut John Glenn, Hillary Clinton and Justice Sonia Sotomayor have had injuries after falling in bathrooms and elsewhere.

Of course, you can't possibly prevent all such accidents, especially if you're an avid senior traveler. Areas in airports, stairways, escalators, cruise ships and city streets can become dangerous as we get older and less physically capable.

Therefore, if advice from your 92-year-old travel4seniors.com editor can be of any help, here it is. No matter what the reason, especially when traveling, don't make a sudden rush to get somewhere. If you miss a flight or sailing, it's better than spending weeks in the hospital with your leg up in traction.

Walk slowly and carefully on unfamiliar city streets. A simple crack in the paving could send you flying into painful injury. In hotels, museums, theaters, airports and other very busy places, don't walk anywhere alone, especially if using stairways is required. Always have a companion close to you, and if necessary, holding your arm. Give up a bit of freedom for peace of mind and uninjured body.

