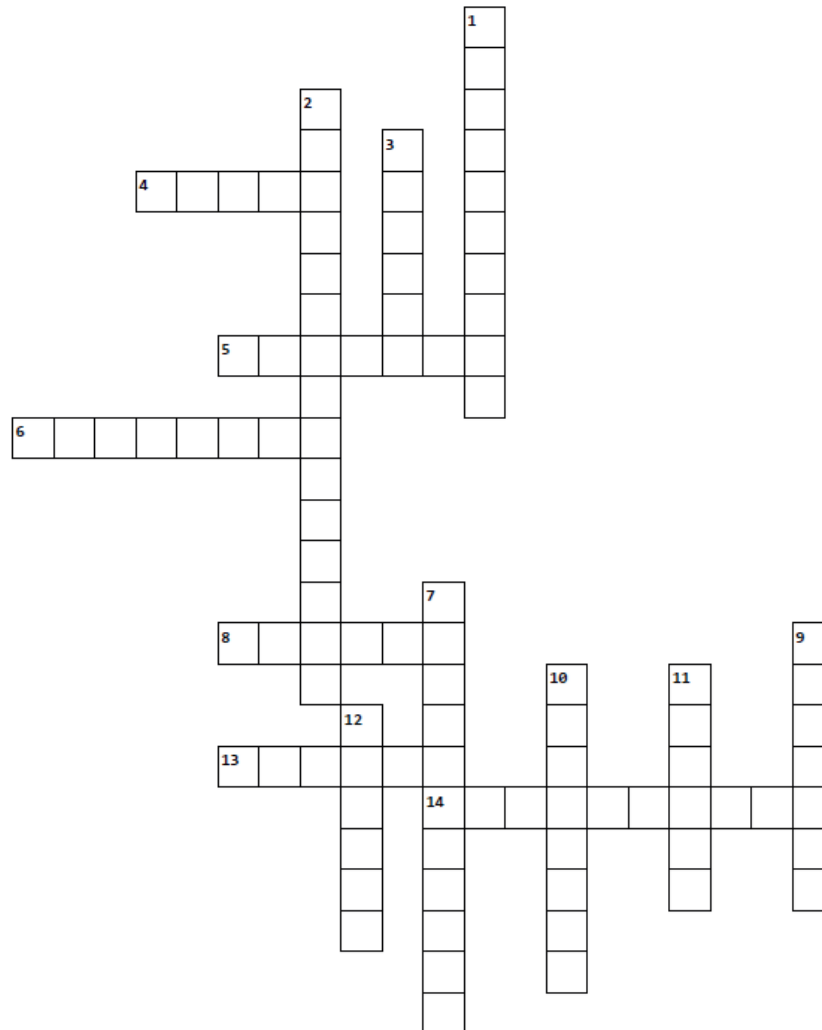


Falls Prevention Crossword Puzzle

Directions: Solve all 14 clues from the list below to complete the crossword. While you solve, learn about the actions you can take to remain active, independent, and falls free!



Down

1. This professional can help you review your medications and suggest adjustments that will support your plan to stay falls free.
2. A cane or walker is this kind of helpful tool that can improve your ability to get around with confidence and safety.

3. Another word for verified. Evidence-based falls prevention programs are _____ to help older adults reduce their risk of falling.
7. Falls are _____ and there are simple steps you can take to reduce your risk.
9. Boxes, paper, clothing, and cords that may be found in walkways are examples of _____ that should be removed to prevent falls.
10. Adding non-slip mats in this room of your house can prevent falls.
11. Using handrails when going up or down the _____ can help prevent falls.
12. Scheduling regular checks of this sense can reduce your risk of falling.

Across

4. Wearing supportive _____ can help you stay steady on your feet.
5. Talking to family and _____ can inspire and support you both to take action to stay active and independent.
6. Regular _____ improves balance and strength and reduces your risk of falling.
8. Ask this provider about conducting a fall risk assessment and creating an individualized plan to keep you active and independent.
13. Staying _____ can help you prevent falls. Choose activities you enjoy and make movement a part of your daily routine.
14. Install this in hallways and bathrooms to keep spaces well lit.

Answer Key

