



# FALL PREVENTION AWARENESS WEEK

## SEPTEMBER 21-27, 2008

Here are some things you can do to reduce your risk of falling:



**Balance:** Engage in regular balance and strength building activities.



**Medication:** Review the effects of medications and effects of alcohol consumption with your health care provider.



**Home Safety:** Identify and correct falling, slipping or tripping hazards.

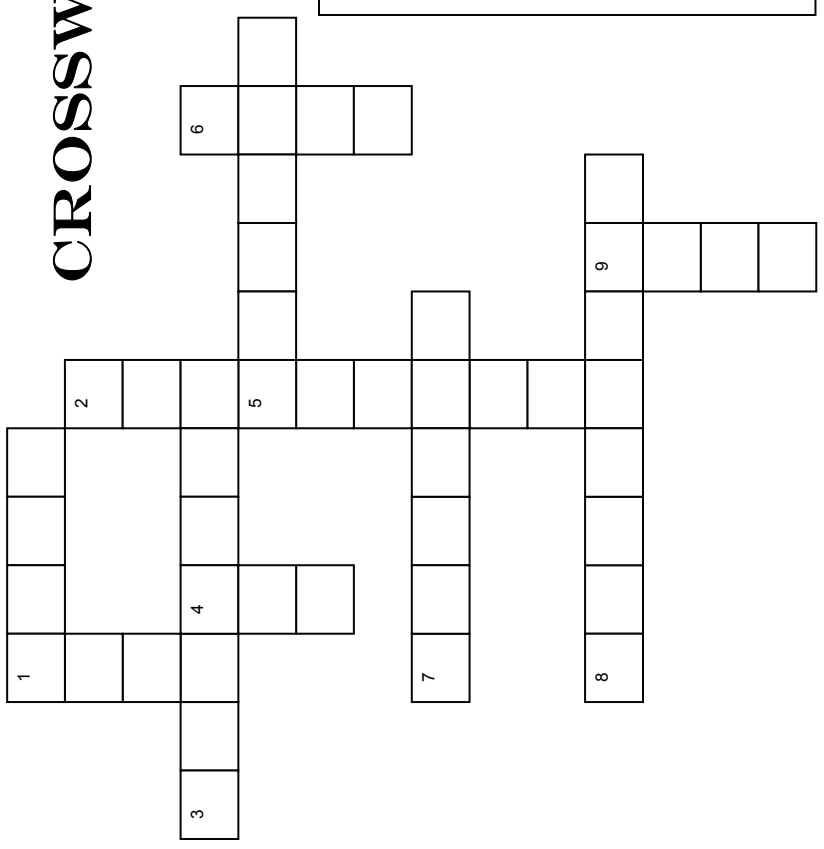
### Down with Falls Coalition Mission

To raise community awareness of fall prevention in Orange County by promoting comprehensive strategies to reduce the risk of falling

Call **1-800-510-2020** to get more information on how the

Down with Falls Coalition can help you.

### CROSSWORD



**CLUES**

Strength Prevention Four Exercise Fall Vision Down Trip Nine Age Balance Safety

**Across**

- Taking \_\_\_\_\_ or more medications increases your risk of a fall.
- Poor \_\_\_\_\_ is one reason for falling.
- Have your \_\_\_\_\_ checked yearly by an eye doctor.
- A home \_\_\_\_\_ checklist will alert you to fall hazards.
- \_\_\_\_\_ training improves your muscles and bones.

**Down**

- One in three older adults \_\_\_\_\_ each year.
- \_\_\_\_\_ is key to avoiding injury due to a fall.
- The risk for falls increases with \_\_\_\_\_.
- \_\_\_\_\_ with Falls Coalition has information on fall prevention.
- Be careful not to \_\_\_\_\_ over cords, dogs, and clutter.

This placemat made possible by funding from Archstone Foundation and County of Orange Office on Aging.

### UNSCRAMBLE YOUR HEALTH

- LIKWAGN \_\_\_\_\_
- NRUTIINOT \_\_\_\_\_
- MRPA \_\_\_\_\_
- ANEGRIH STET \_\_\_\_\_
- CUCIALM \_\_\_\_\_
- RXECISEE \_\_\_\_\_

**BONUS:** CEDMLIA NMAMTAENGE \_\_\_\_\_

Answers: 1) walking 2) nutrition 3) ramp 4) hearing test 5) calcium 6) exercise **Bonus:** medical management



*Leading the way to fall prevention*