Preventing falls, one step at a time

Every year 1 of 3 people age 65 and older fall

Simple Steps to Prevent Falls

Ask your trained health care professional to provide a fall risk assessment. Tell your doctor if you have:

- fallen in the past six months
- difficulty walking or getting out of bed or chairs
- difficulty maintaining balance while walking
- been feeling weak or dizzy

Ask your trained health care professional to review your medications.

Exercise regularly. Maintaining strength and balance is a key to fall prevention.

Get an assessment of your home environment and make changes to reduce safety risks:

- reduce clutter
- improve lighting
- securely install handrails and grab bars

Provided by the Fall Prevention Coalition–Los Angeles with funding from the Kaiser Foundation

Across
1. Taking _______ or more medications increases your risk of a fall.
3. Poor _______ is one reason for falling.
5. Have your _______ checked yearly by an eye doctor.
7. A home _______ checklist will alert you to fall hazards.
8. _______ training improves your muscles and bones.

Down
1. One in three adults _______ each year.
2. _______ is key to avoiding injury due to a fall.
4. The risk of falls increases with _______.
6. Tell your _______ if you have fallen recently.
9. Be careful not to _______ over cords, pets, and clutter.

CLUES
- Strength
- Prevention
- Four
- Exercise
- Fall
- Vision
- Doctor
- Trip
- Nine
- Age
- Balance
- Safety