

Every year 1 of 3 people age 65 and older fall

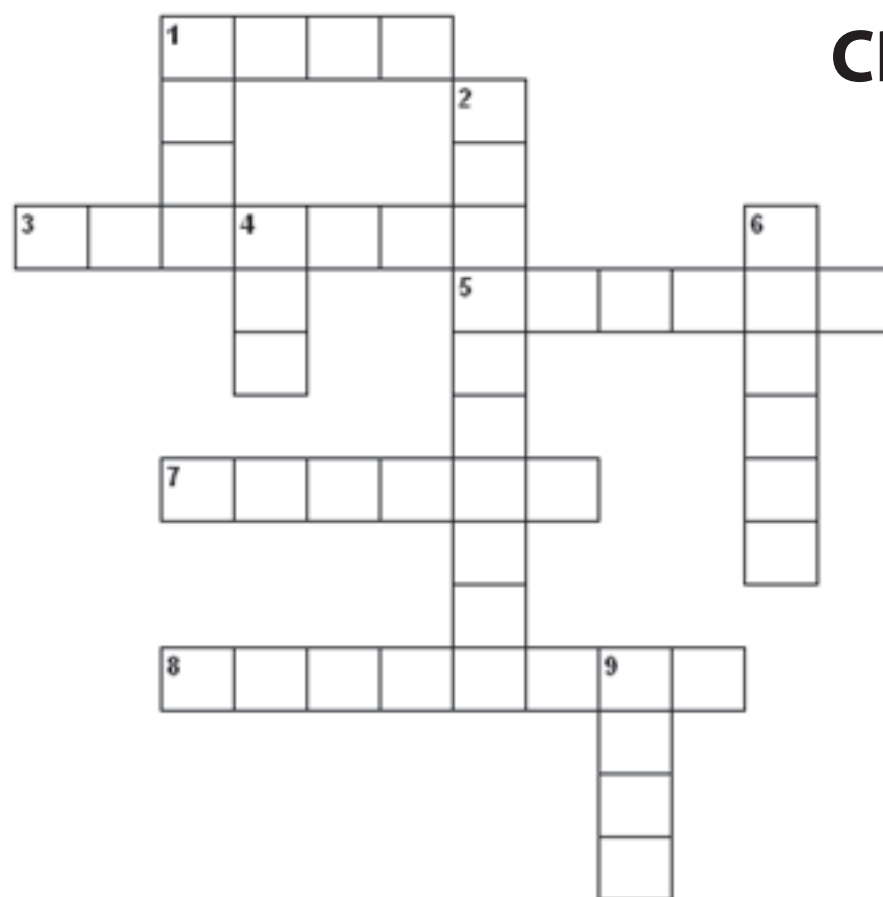
## Simple Steps to Prevent Falls



Preventing falls, one step at a time

FALL PREVENTION  
AWARENESS WEEK

September  
21-27, 2009



### CROSSWORD

**CLUES**  
Strength  
Prevention  
Four  
Exercise  
Fall  
Vision  
Doctor  
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 adults \_\_\_\_\_ each year.
- \_\_\_\_\_ is key to avoiding injury due to a fall.
- The risk of falls increases with \_\_\_\_\_.
- Tell your \_\_\_\_\_ if you have fallen recently.
- Be careful not to \_\_\_\_\_ over cords, pets, and clutter.

Down Answers: 1) Fall; 2) Prevention; 4) Age; 6) Doctor; 9) Trip  
Across Answers: 1) Four; 3) Balance; 5) Vision; 7) Safety; 8) Strength

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

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