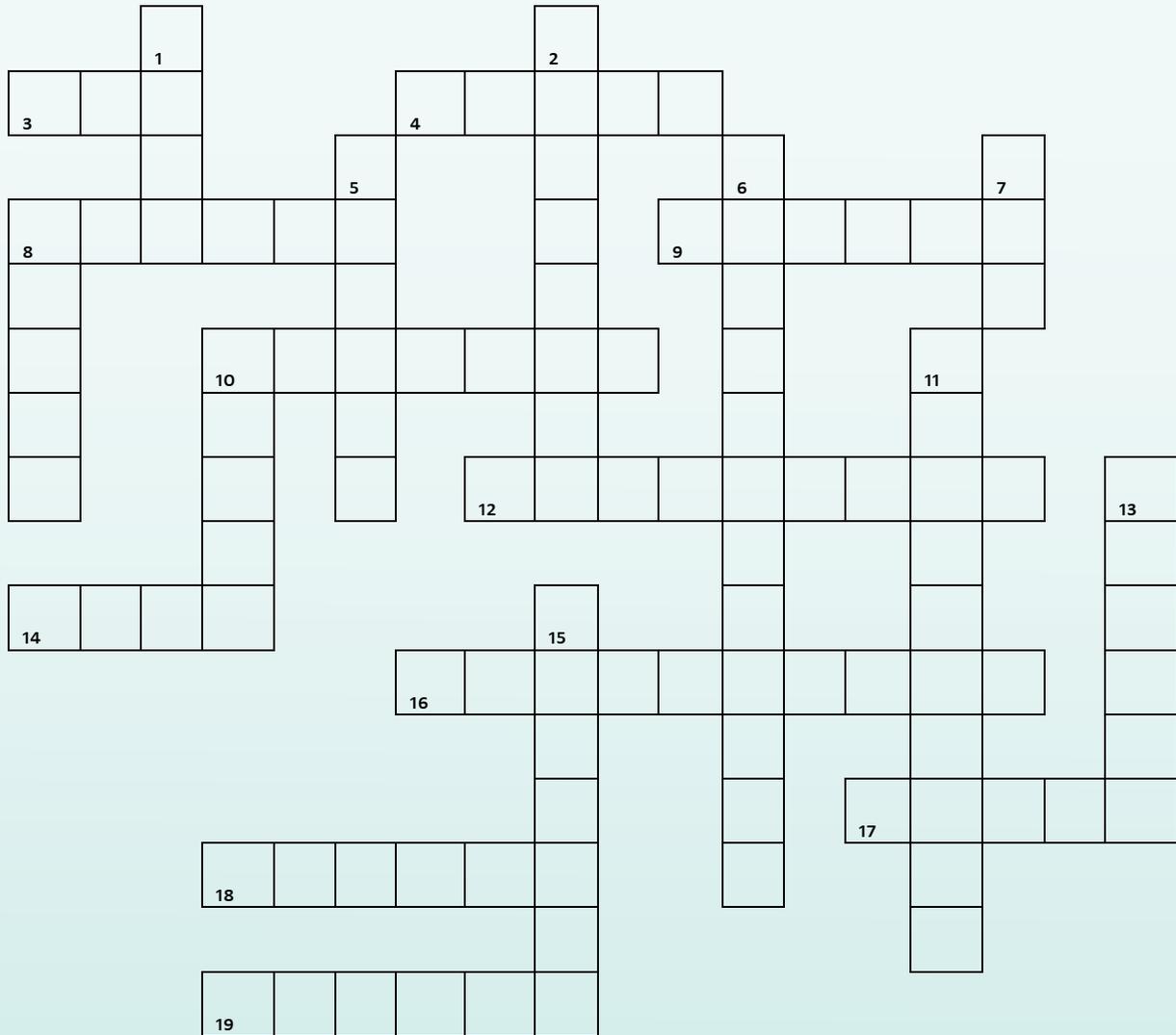


Falls Prevention Crossword Puzzle

Patient Version



Falls Prevention Crossword Puzzle

Patient Version



Across

3. Brrr, in Canada we need to be extra cautious around *this!*
4. Get a cordless ___ to avoid rushing to answer incoming calls.
8. Remaining ___ will help prevent against the risk of falling.
9. Falls can happen to ___.
10. Do not let *these* drag on the ground.
12. Most falls can be ___.
14. Having a clutter-free environment will decrease your risk of falling. Do not have scattered or loose ___ around the house.
16. When stationary, make sure that your wheelchair is locked and *these* are up before getting out.

17. Poor lighting will increase your risk of falling. Keep one of *these* on during the night.
18. If you have suffered from a fall in the past you are at a higher risk for *these* types of falls.
19. Oops, what a mess! Clean up *these* as soon as they happen.

Down

1. If you are beginning to feel tired, allow yourself to ___.
2. *This* needs to be adequate in the home and outside of the home to prevent the chances of falling.
5. Falls are ranked as the ___ leading cause of injury-related hospitalization for all ages in Canada.

6. Educate yourself about fall prevention, as a fall could take away your ___.
7. Make sure that your ___ is at a comfortable height to allow for easy movement to and from.
8. Falls should not be viewed as a natural part of *this*.
10. Walkers or ___ will aid you in fall prevention.
11. Direct healthcare costs relating to falls among seniors are estimated at ___ every year.
13. When changing positions it is important that you allow your body time to ___.
15. Keep your pennies *here*, but not your hands when you are walking.