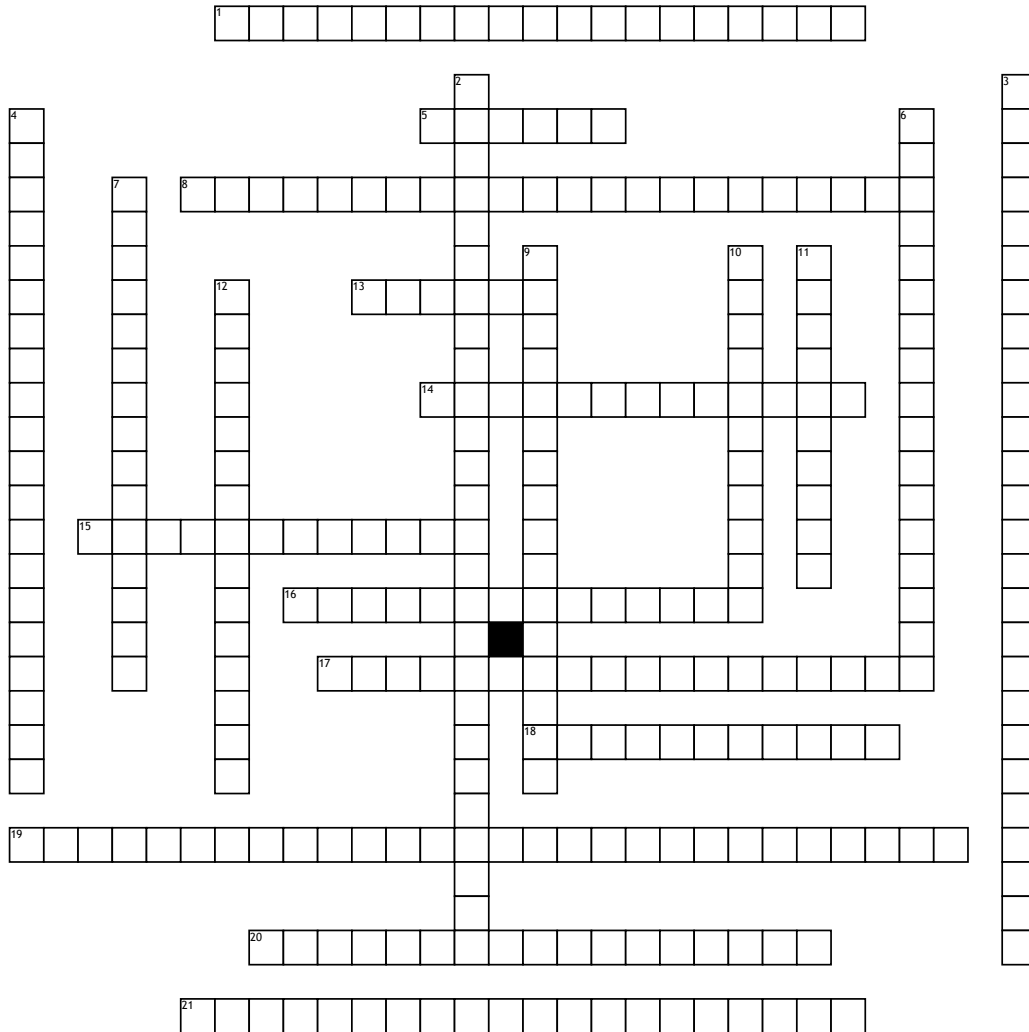


# Fall Prevention Word Search



**Across**

- 1. What is a health promoting checkup you should do every year?
- 5. Which of the following is the safest method to put on your pants? Choices: A) Standing on one foot only B) Seated - start seated, then stand to pull up or lean side to side C) Standing on both feet and bending forward
- 8. When you are transitioning from sitting to standing where should you place your arms to help you stand up? Choices: A) Pull up on your walker B) Push up from your armrests or chair
- 13. What is a form of exercise that supports reduced falls in adults?
- 14. What strategy should you use when you stand up to prevent feeling "dizzy-headed?"
- 15. What can you do if you have multiple tasks that you want to get done?
- 16. What safety task must you do before getting out of your wheelchair?
- 17. What is a strategy you can use immediately after walking into a room?

- 18. What scenario is safer to use when you are home alone, and you want an item that is too high up and out of reach. Choices: A) Stand on ladder or B) Call neighbor for help
  - 19. If you fall, are able to easily get up, and do not feel like any major damage occurred what should your next step be? Choices: A) Make a doctor's appointment B) Never tell anyone C) Immediately take a shower
  - 20. What can you add to improve your ability to see in your home?
  - 21. What types of clothes are preferred to reduce tripping? Choices: A) Clothes that do not drag B) Clothes with wide pockets C) Pants or Dresses that go past your ankles
- Down**
- 2. What is something you can ask your family or friends to help you with in your home right away?
  - 3. Which of these is NOT a risk factor for falls? A) Rushing to answer the phone, B) Using throw rugs in the home, or C) using grab bars in the bathroom
  - 4. What is another health promoting checkup you should do every year?

- 6. What is a communication suggestion you can use in the event that you do fall and are not able to get up?
- 7. Which shoes are safer? Choices: A) Bath Slippers, B) Non-skid Sneakers, or C) Flip Flops?
- 9. Which option is safer during shower / bathing tasks? Choices: A) Closing eyes while standing during hair washing B) Sit on shower bench during hair washing
- 10. Which of these is a risk factor for falls? Choices: A) Fear of falling B) What you watch on TV C) Taking your medicine regularly
- 11. What type of mat can help you reduce falling or slipping inside your bathtub or shower?
- 12. Foot problems can be both painful and cause you to have problems when walking. What should you or your loved one help you do every day?

**Word Bank**

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|---------------------------------|--------------------------------|---------------------------------|
| Annual Hearing Checkup          | Tai Chi                        | Increased Lighting              |
| Push your Life Alert            | Annual Vision Checkup          | Fear of falls                   |
| Using Grab Bars in the Bathroom | Clothes that do not drag       | Schedule a doctor's appointment |
| Call for Help                   | Remove Clutter from the Floors | Scan the Environment            |
| Non-skid Sneakers               | Pace Yourself                  | Seated                          |
| Lock your Brakes                | Stand Up Slowly                | Push up from your armrests      |
| Sit on shower bench             | Inspect your feet              | Non-slip Mat                    |