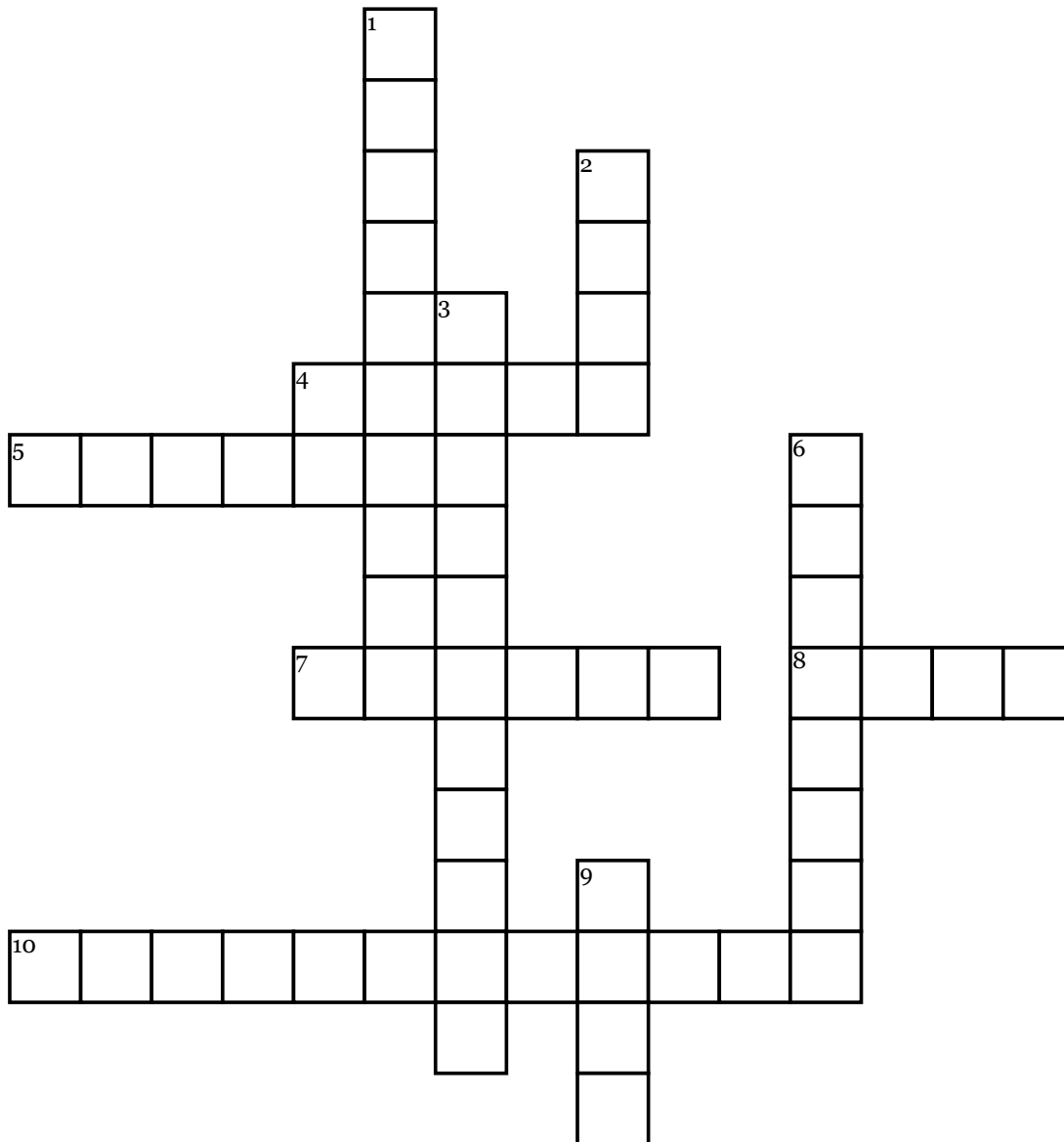


Fall prevention



Across

4. Must have adequate amount to prevent daytime drowsiness
5. Type of socks that protects against falls
7. A side rail provides assistance when going up
8. Loose objects around the house that may cause falls
10. Falls may lead to loss of

Down

1. Keep by bed for getting up in the middle of the night
2. Always know when to ask for this
3. May cause lightheadedness. Talk to your Doctor about the side effects
6. Lifestyle change that increases muscle strength
9. An emotion people may feel after experiencing a fall