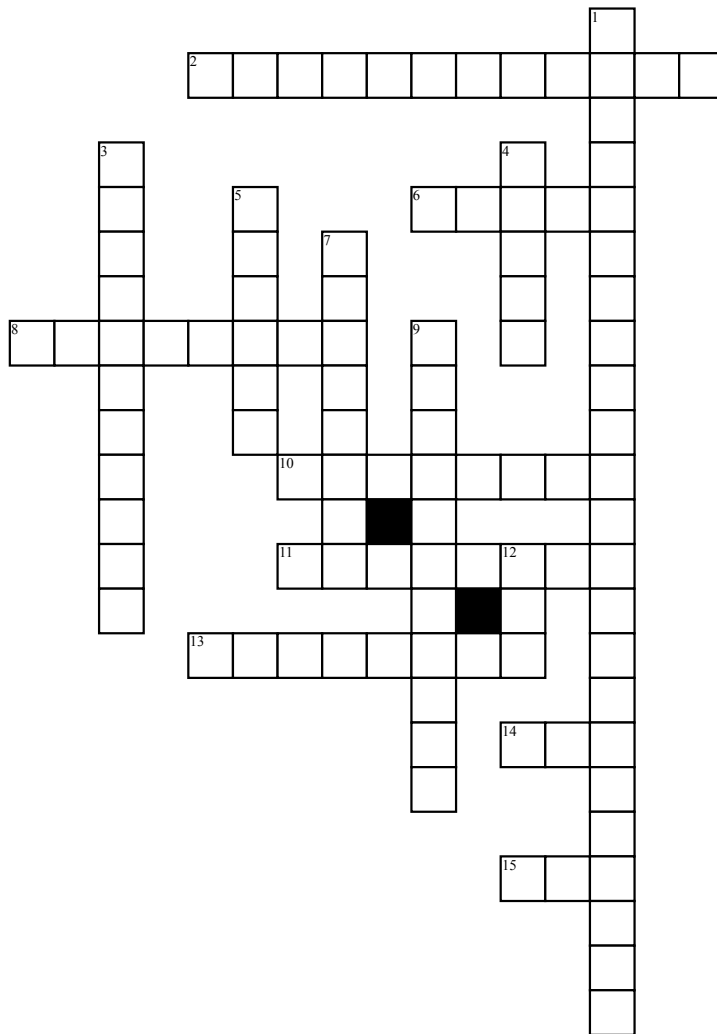


Name: \_\_\_\_\_

# Washoe Tribal Fall Prevention Program



## Across

- 2. Falls can be a life changing event and can rob you of your
- 6. Should never be used as a step stool
- 8. Participate in in regular
- 10. A dosage change can make you drowsy or lightheaded
- 11. Medical Response System that WTHC Injury Prevention Program uses/ provides to Washoe Elders?

- 13. One of most important ways to reduce your chances of falling
- 14. What is the most serious fracture from a fall in older adults
- 15. A throw \_\_\_ can cause you to slip and fall

- 4. Leading cause of injury for people over the age of 25
- 5. The first step to decreasing a fall is to keep
- 7. Where do falls happen?
- 9. Have your doctor check your
- 12. Get a yearly \_\_\_ exam

## Down

- 1. Name of Washoe Tribal Health Center Fall Prevention Program
- 3. Should be installed along the path from bedroom to bathroom

## Word Bank

activity  
Moving  
Injury Prevention Program  
Rug  
Medications

Independence  
Anywhere  
Chair  
Medicine  
Hip

Med-Alert  
Falls  
Exercise  
Nightlights  
eye