



FALL PREVENTION WORDSEARCH

L J Y C R L R U K L N S Z G J D B F W C
 S T U E U E L A O O P P N N U E D O O E
 B G S N T E E N I I P I U I D C I C N H
 T T U T K W E T R M Z L T H G N L U S M
 J H U R W L A T A G E S R T M A L S E E
 M L N O I T A C I D E M I O E L N J N E
 C P G N I R A E H O I S T L N A E W V Y
 W I E G L X S A B G I H I C T B S P I L
 Z S A A C I R S F S O S O Z S A S Z R S
 S E C G C O T I O G G D N P Z Q T Q O S
 S E L R N A N R D E H Y D R A T I O N S
 S T E I C I O F G N I L F F U H S O M E
 G X N L M P R M U L O H O C L A I G E N
 E R E I O I O E J S D I S E A S E I N I
 B S A E A B N I D R I V J N Q K Y T T P
 M U T B I R T A C N F O O T W E A R H E
 S S M L B T T F T E A I N G A I T E P E
 O E I P E A X S Z I S W S E O H S V A L
 L T N R S P R S E I O A R T H R I T I S
 Y U S A C H E S V R W N K S I R U X N I

- ACHES
- AGE
- AGITATION
- ALCOHOL
- ARTHRITIS
- BALANCE
- BUMPS
- CLOTHING
- CLUTTER
- CONFUSION
- DEHYDRATION
- DISEASE
- ELIMINATION
- ENVIRONMENT
- EXERCISE
- FOCUS
- FOOTWEAR
- GAIT
- GRABBARS
- HEARING
- ICE
- ILLNESS
- JITTERS
- JUDGMENT
- JUNK
- LACES
- LONELINESS
- MEDICATION
- MOBILITY
- NUTRITION
- OBSTACLES
- OSTEOPOROSIS
- PAIN
- REST
- RESTRAINTS
- RISK
- RUGS
- SHOES
- SHUFFLING
- SLEEPINESS
- SLIPS
- SNOW
- TRIPS
- VERTIGO
- VISION
- WANDERING
- WEAK



Anyone can fall, but as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. You can prevent falls by making adjustments to your home and lifestyle, and by making sure you eat well, stay active, and use devices that can help to keep you safe.

YOU CAN PREVENT FALLS:

- Stop and smell the roses: **take your time**, don't rush when walking or getting up
- Keep **stairs** and **walkways** free of clutter, ice or snow
- **Use Assistive aids (or devices)**. Grab bars, rails, canes and walkers are all designed to keep you steady on your feet.
- **Balance your body** through good nutrition, hydration, and gentle stretching exercises
- **Keep an eye on your vision** and get your sight checked regularly
- **Know what you are taking**: talk to your pharmacist or doctor as some medications may make you prone to dizziness and falling
- **Put your best foot forward** in well-fitting, sturdy shoes
- **Light up your life...and your hallways, stairs, and walkways!**
- **Check your home** for slipping and tripping hazards
- **Don't let the fear of falling** prevent you from being active. Inactivity creates a greater risk of falling .

For more information:

www.nlipc.ca/falls_prevention www.easternhealth.ca/seniors www.fallpreventionmonth.ca

Adapted from

- Public Health Association of Canada publication: www.publichealth.gc.ca/seniors
- Fall Prevention checklist, Fall Prevention Month Resources: www.fallpreventionmonth.ca