Fall Prevention

Find the words. Learn the habits that keep you on your feet.

Name: _____ Date: _____

Words go across or down. Good luck, and have fun!

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

Find these words:

BALANCE
CLUTTER
CORDS
GRABBAR
HANDRAIL
MEDICINE
NIGHTLIGHT
RUG
SHOES
STRENGTH
VISION
WALKER

Words to Know

What the words mean - and how they keep you safe at home.

BALANCE - Your body's steadiness. A little gentle practice each day helps you stay sure on your feet.

CLUTTER - Things left on the floor are easy to trip over. Keeping pathways clear keeps you safe.

CORDS - Cords stretched across the floor are a trip hazard. Run them along the wall instead.

GRABBAR - A sturdy bar in the tub or shower gives your hands something strong to hold.

HANDRAIL - A rail along the stairs gives you something steady to hold on every step, up and down.

MEDICINE - Some medicines can make you dizzy. Ask your doctor or pharmacist to look over yours.

NIGHTLIGHT - A small light on the way to the bathroom helps you see where you are going at night.

RUG - Loose rugs can slide or bunch up under your feet. Tape them down, or take them up.

SHOES - Firm, low-heeled shoes with non-slip soles grip the floor better than socks or slippers.

STRENGTH - Strong legs make standing up, walking, and climbing stairs easier and safer.

VISION - Clear eyesight helps you spot steps, curbs, and edges in time. Keep your glasses up to date.

WALKER - A walker gives you steady support. Use it every time, even for short trips across the room.

Three habits that prevent most falls

1. Move a little every day. Walking and gentle exercise keep your legs strong and your balance steady.

2. Make your home easy to move through. Clear the floors, light the hallways, and hold the rails.

3. Speak up early. Tell your doctor or therapist about any fall, dizzy spells, or a medicine that makes you unsteady.

Fall Prevention

Find the words. Learn the habits that keep you on your feet. - ANSWER KEY

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

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