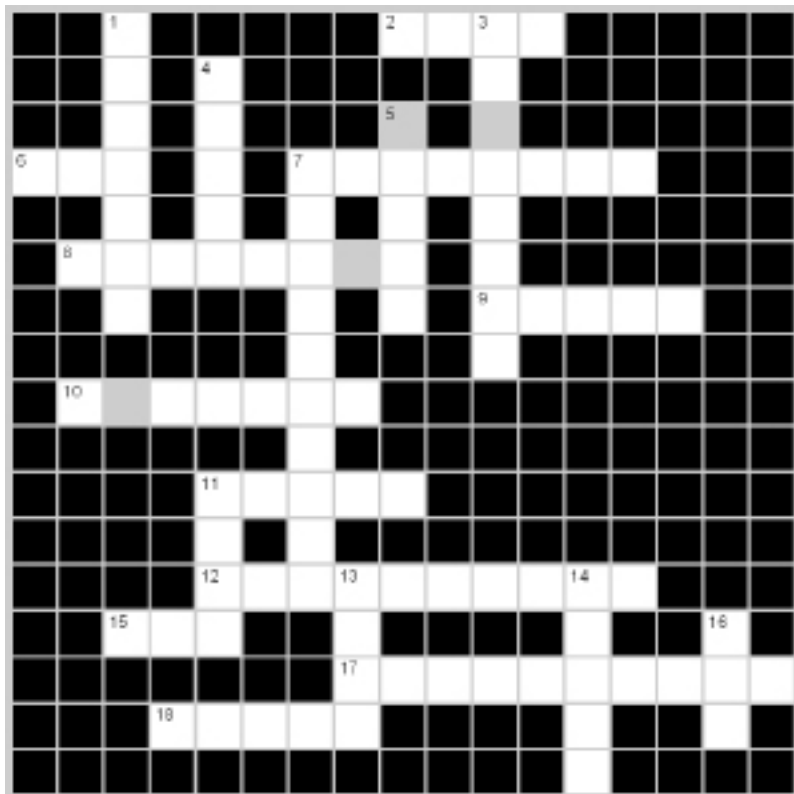




## Ageing Well Together: Falls Prevention

Resource #18

### SENIORS...ARE YOU AT RISK FOR A FALL?



#### Across

2. Get checked yearly if 65 +
6. Slippery area that needs rubber mat
7. Area of home that should be well lit
8. Assists in stair climbing
9. To help with reaching
10. Get rid of this in your home
11. Tripping hazards
12. Lights your hallway at night
15. Fall hazard in the winter
17. May cause side effects
18. Bed side necessity

#### Down

1. Safety aide for bathtub
3. Keep fit
4. Winter boots should have this
5. Common cause of injury for seniors
7. Carpet culprit for falls
11. Walking aide
13. Common place for a fall
14. Items for low cupboards
16. Safer type of heel

**Using the letters in the shaded boxes complete the following message:**

**Prevent A Fall! Protect Your Way of \_\_\_\_\_.**

- Across: (2) Eyes (6) Tub (7) Stairway (8) Handrail (9) Stool (10) Clutter (11) Cords (12) Night Light (15) Ice (17) Medication (18) Phone*
- Down: (1) Grab bar (3) Exercise (4) Tread (5) Falls (7) Scatter Rug (11) Cane (13) Home (14) Heavy (16) Low*

*Ageing Well Together thanks the Region of Peel for this puzzle!*



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