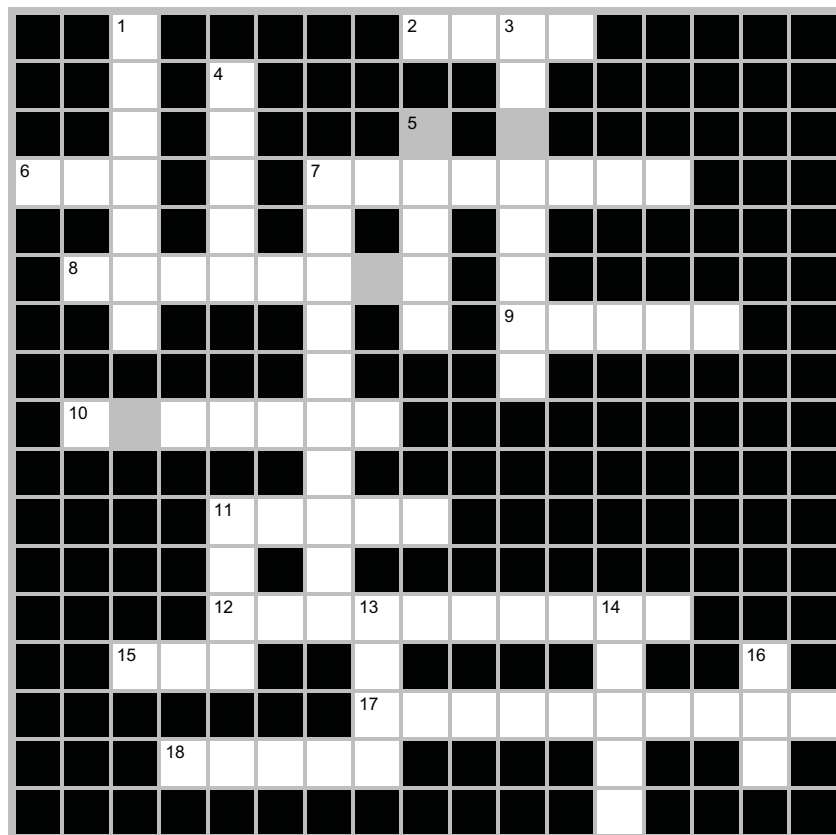




Ageing Well Together
Falls Prevention

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 aid 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 aid
- 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

Preventing Falls Together thanks the Region of Peel for this puzzle!



A program of Community Links
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