

# Prevent Falls - Increase your activities

with strength, balance, flexibility and endurance!



## Fall Prevention Crossword Puzzle

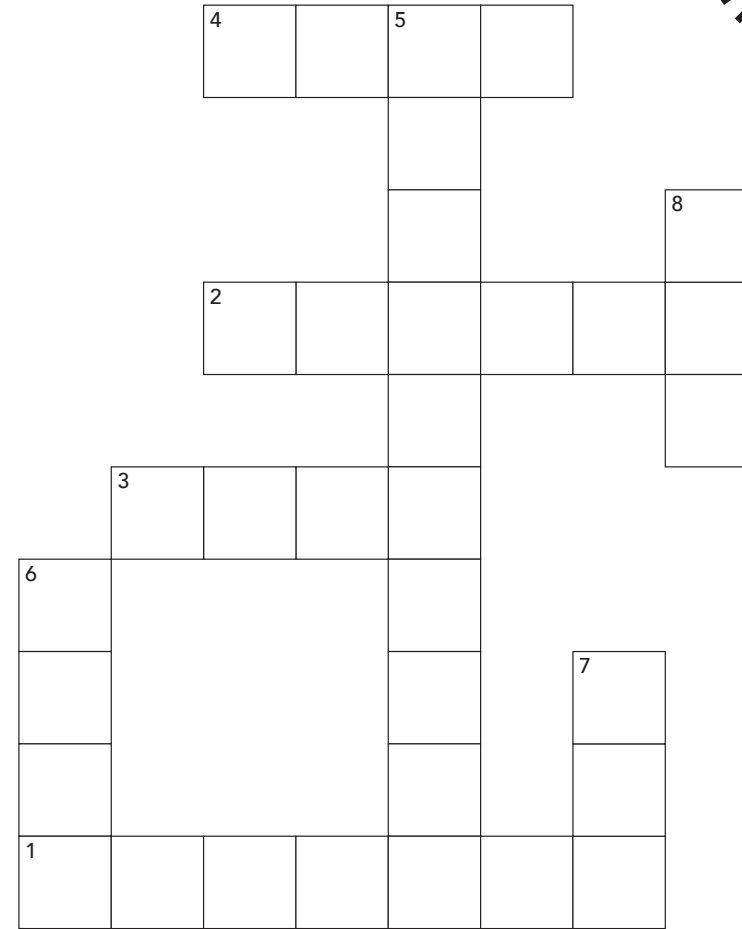
### Across

- Poor \_\_\_\_\_ is a factor for falling.
- Gentle exercises/ stretches is a form of \_\_\_\_\_.
- Chair \_\_\_\_\_ is low impact on joints.
- Keep your \_\_\_\_\_ clutter free.

### Down

- Have your doctor review all of your \_\_\_\_\_.
- Use \_\_\_\_\_ bars when getting out of the shower.
- Schedule your \_\_\_\_\_ exam yearly.
- Bone that can break during a fall \_\_\_\_\_.

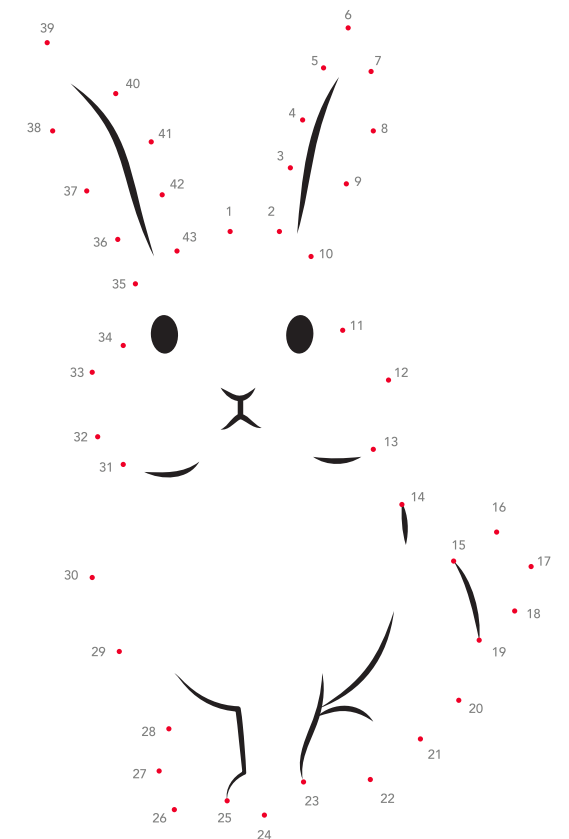
Answer key: 1. Balance 2. Tai Chi 3. Yoga 4. Home 5. Medication 6. Grab 7. Eye 8. Hip



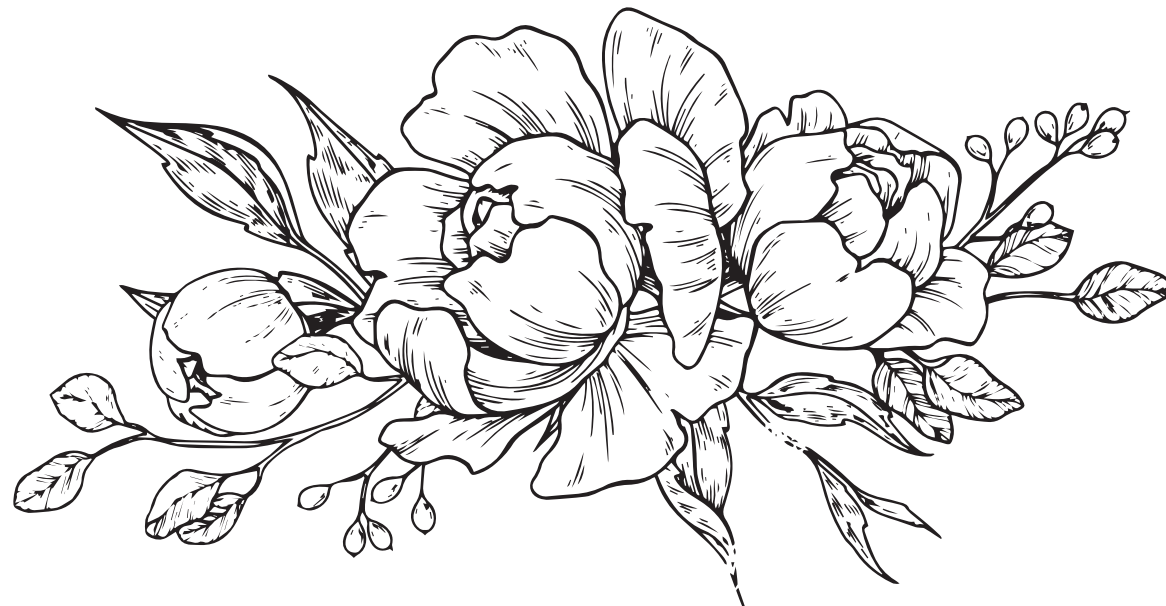
## Tips for Seniors to Stay Safe

- Schedule a Medication Review with your Pharmacist
- Remove loose mats & throw rugs, these can act as a tripping hazard
- Get a balance test done. Ask your Doctor to refer you.
- Have your eyes checked by an eye Doctor once a year.
- Place nightlights on the paths you walk in your hallway and bathroom

## Connect the Dots



## Coloring Area



### You Can Prevent Falls and We Can Help

For information on how to keep you and loved ones safe contact Rachelle Corchado

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