



FALL PREVENTION AWARENESS WEEK

SEPTEMBER 21-27, 2008

Here are some things you can do to reduce your risk of falling:



Balance: Engage in regular balance and strength building activities.



Medication: Review the effects of medications and effects of alcohol consumption with your health care provider.



Home Safety: Identify and correct falling, slipping or tripping hazards.

Down with Falls Coalition Mission

To raise community awareness of fall prevention in Orange County by promoting comprehensive strategies to reduce the risk of falling

Call **1-800-510-2020** to get more information on how the

Down with Falls Coalition can help you.

CROSSWORD

CLUES

Strength Prevention
Four Exercise
Fall
Vision Down
Trip
Nine
Age
Balance
Safety

Across

- Taking _____ or more medications increases your risk of a fall.
- Poor _____ is one reason for falling.
- Have your _____ checked yearly by an eye doctor.
- A home _____ checklist will alert you to fall hazards.
- _____ training improves your muscles and bones.

Down

- One in three older adults _____ each year.
- _____ is key to avoiding injury due to a fall.
- The risk for falls increases with _____.
- _____ with Falls Coalition has information on fall prevention.
- Be careful not to _____ over cords, dogs, and clutter.

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UNSCRAMBLE YOUR HEALTH

- LIKWAGN _____
- NRUTIINOT _____
- MRPA _____
- ANEGRIH STET _____
- CUCIALM _____
- RXECISEE _____

BONUS: CEDMLIA NMAMTAENGE _____

Answers: 1) walking 2) nutrition 3) ramp 4) hearing test
5) calcium 6) exercise **Bonus:** medical management



Leading the way to fall prevention