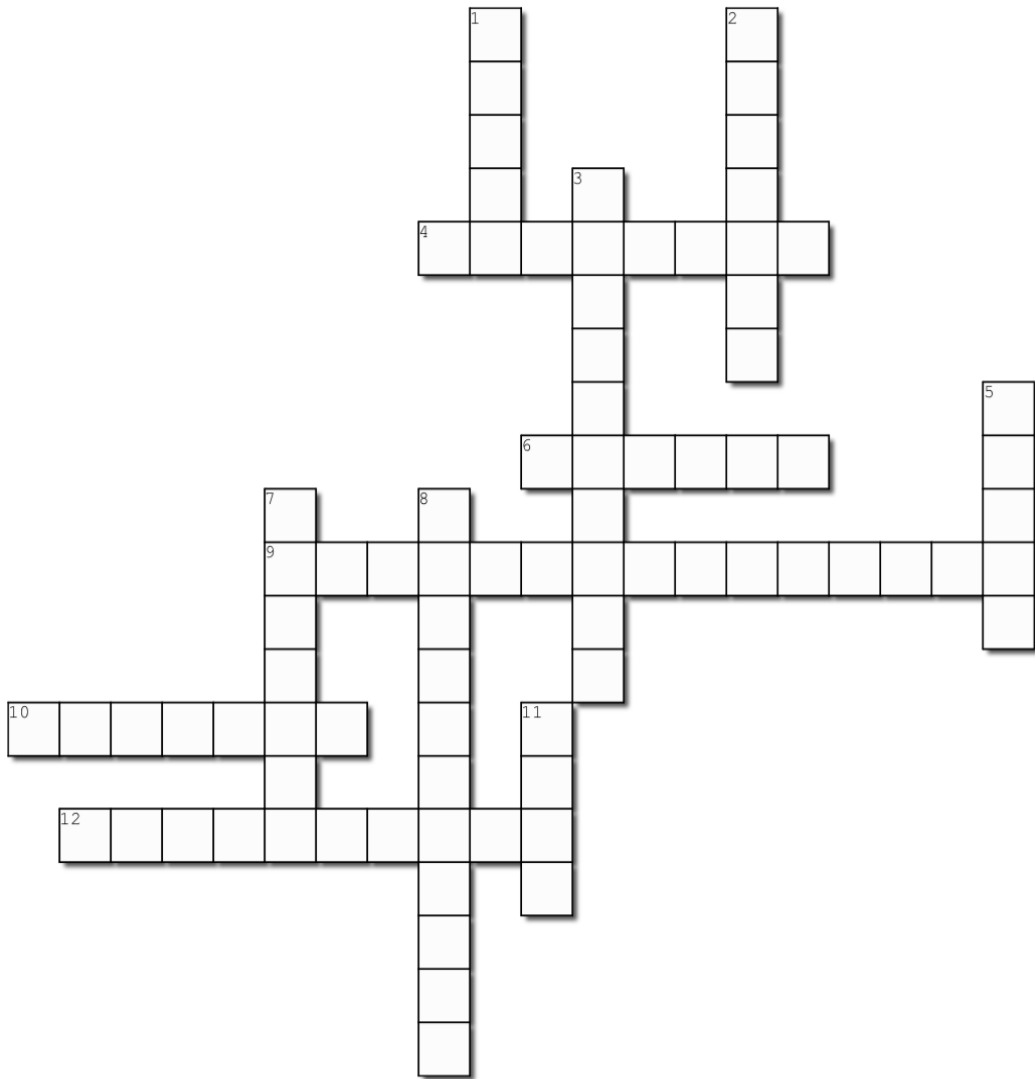


# You Can Prevent Falls!



## Across

4. Practice \_\_\_\_\_ exercises at least 2 days a week to help prevent falls.
6. May be used if someone is unsteady on their feet or has poor balance (hint: a type of assistive device).
9. Items that can be installed or used to prevent falls and help with independence.
10. This sense can change with time and may affect our balance (hint: you may have a problem with this sense if you frequently ask people to repeat what they say).
12. The action of stopping something from happening.

## Down

1. Changes such as contrast sensitivity, difficulty with glare, depth perception, decreased peripheral vision, and needing more lighting are some of the things that affect this sense.
2. A collection of things lying around in a somewhat untidy mess that can contribute to a fall. Examples include a pile of newspapers, medical documents, artwork from the grandkids, books, and more.
3. This can be in the form of prescriptions, over the counter, and/or herbal supplements and can increase someone's fall risk.
5. Offer good support and grip to our feet and are important to help prevent falls.
7. Allows for an individual to remain steady.
8. Use these in hallways, bathrooms, and bedrooms to see better in dim spaces or at night.
11. Can be used when an individual has a weak and/or painful lower extremity (foot, hip, or leg) that makes it hard to walk or keep their balance (hint: a type of assistive device).

# You can reduce your risk of a fall!

## Falls Free® Wisconsin can help

- Learn how vision, medications, hearing – even footwear – affect your falls risk
- Spot the fall hazards on a virtual home tour and learn how to remove them to stay safe
- Learn balance and strength exercises designed to reduce your risk of falling

Find all of this and more at: [FallsFreeWI.org](https://www.FallsFreeWI.org)

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