

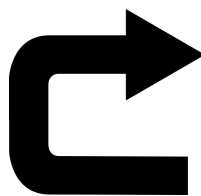




From Awareness to Action: A Game of Strategic Falls Prevention

| | | | | | | |
|---|--|---|--|---|--|--|
| Good! Grab bars can help prevent falls & help you get up. Move ahead 2. | Ask your doctor to review meds for possible side effects or interactions. Move ahead 2. | Has a doctor reviewed your meds if they cause dizziness? Move ahead 1 if yes, back 1 if no. | Good! Side effects or interactions can lead to falls. Move ahead 1. | Do you use your cane/walker if you have/need one? Move ahead 2 if yes, 1 if no. | Always use your cane or walker. It can be critical to preventing falls. Move ahead 1. |  Congratulations! You have successfully reduced your risk of falling!  |
|---|--|---|--|---|--|--|

Does your bathroom have grab bars?
Move ahead 1 if yes, back 1 if no.



Falls are a leading cause of injury among older adults, but the fear of falling doesn't need to rule your life. Play this game to learn some simple and effective fall prevention strategies.

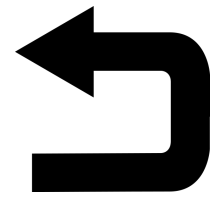
| | | | | | | | |
|--|---|---|---|---|---|---|--|
| Consider installing grab bars, move ahead 2. | Good! As we age, our eyes take longer to adjust to light. Move ahead 2. | When you get up at night, do you let your eyes adjust before moving? Move ahead 1 if yes, back 1 if no. | Allow 30 seconds for your eyes to adjust before standing at night. Move ahead 2. | Good! Exercise is one of the best ways to lower fall risk. Move ahead 2. | Do you get 30 minutes of exercise daily? Move ahead 1 for yes, back 1 for no. | What kinds of exercise can you do? Move ahead 2. | Good! Proper shoes are important to prevent falls. Move ahead 2. |
|--|---|---|---|---|---|---|--|



FallsFreeWI.org



servingolderadults.org



Are you wearing sensible, non-skid shoes?
Move ahead 1 if yes, back 1 if no.

| | | | | | | | |
|--|---|---|---|--|---|---|---|
| Start: Move ahead 2 spaces to reduce your fall risk. | Clean spills promptly and move ahead 2. | Do I clean up spills promptly? Move ahead 1 if yes, back 1 if no. | Good! Slippery surfaces can cause falls. Move ahead 2. | Throw rugs are tripping hazards. Remove them and move ahead 2. | How many throw rugs do you use? Move ahead 1 for few/none, back 1 for many. | Good! You reduced your fall risk. Move ahead 2. | Look into safer shoes and move ahead 2. |
|--|---|---|---|--|---|---|---|

