



Across

- 2. Remove _____ from hallways and stairs to avoid tripping and falling
- 5. _____ can help you feel better and manage medical conditions but they can also interact and increase your risk of falling
- 7. A sign of low blood pressure could be _____ or lightheadedness which can put you at risk for a fall
- 8. Physical activity like gardening, walking, dancing or swimming should be done 30 minutes a day to help keep your _____ strong and help you stay independent

Down

- 1. Hold on to _____ when going up and down the stairs
- 3. You should have your _____ checked every year and clean your glasses daily
- 4. You should speak to your _____ if you have had a fall to discuss if there is a medical reason why you fell
- 6. Secure or remove _____ (2 words) to avoid a fall. These small carpets should have rubber backing or double-sided tape to help them from slipping across the floor