



**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