

Falls Free Fact Finder

Advanced

Directions: Find all 15 **bolded words** from the list below in the word scramble. While you search, learn about the actions you can take to remain active, independent, and falls free!

Y S D I B L Q W W C A N U K M T X O S G J K F X P
 F Z B L V H B Z L U L N E W H S X D P F G H U L H
 M D S R Y A L S M Z N H D T N G K A G R B L O E A
 W H J M V V S C E W G Y U H P Y O X P Q K K B W R
 L R Z E R X J M J T I H R P W K J C D T S Z W N M
 L Q O O A D Z L L N S A C T I V E D S P D Z I E A
 U I M Z K O I H P R L M N E P L U T Q Z M G D X C
 H M W A L K I N G S N Y R X Q J X S E R B J X U I
 P S X S A L G H J U K Q X P U Y O F L J H X Q C S
 N W H S T Q Q S D Y G G J Y A N C G X R Y C S U T
 P L W E S X L S M G J S K R O I W I D K U M S Z B
 J Z B S M J O T W P G J V V U O G N A X T V D C Y
 O F O S U A D B N B S K Y J X Q Q S H E A R I N G
 U R V M L T P L T G F Z A D J J B O J G C P I C L
 F I P E H K H D E O Y V A Y H V M O J Q G L N H A
 I E R N O Q J S P G H Q Q P I H W V P E T S A W F
 Z N O T M K I M D R K K V G B P K D M M X Q T F A
 N D G M E B O R L L K P L L S I M P L E F G P C N
 K S R X S A S S I S T I V E D E V I C E G B B X D
 D Z A H X T O L J W K H D M Q G Q Z J Q G A Q M K
 M D M F V H Z M R Y U P I U R A Y E C L U T T E R
 P E S B S R W U H E O F L O O R I N G I U I P V N
 D T N N Y O Z H Y V D G N G E J H R V F V Y E A T
 K G N G O O P I U D F S L P R E V E N T I O N T W
 R F B I Y M L T R Y A U A U L F V V N U S S L I G

1. **Active:** Staying active can help you prevent falls. Choose activities you enjoy and make movement a part of your daily routine.

2. **Assessment:** You deserve to feel confident on your feet – ask your doctor about completing a falls risk assessment or take NCOA’s FallsFreeCheckUp® and discuss your results at your next doctor’s visit.
3. **Assistive Device:** Using a well-fitted assistive device, such as a cane or a walker, can improve confidence and safety.
4. **Bathroom:** The bathroom is a common site of at-home falls. Add well-secured non-slip mats in the bathtub or shower to prevent slips.
5. **Clutter:** Keep pathways free of clutter such as cords, papers, and shoes so you can move around with ease.
6. **Friends:** Talk with friends about the steps you’re taking to stay falls-free! This can inspire and support both you and those you care about.
7. **Flooring:** Secure loose rugs and fix uneven flooring to prevent falls.
8. **Hearing:** Schedule a yearly hearing check or use an online hearing screening. Healthy hearing helps you stay aware and steady on your feet.
9. **Home:** Since many falls happen at home, small changes, like improving lighting or removing hazards, can make a big difference in your safety.
10. **Pets:** Keep yourself and your pets safe by staying mindful of where pets are to avoid accidental trips or pinched paws!
11. **Pharmacist:** Certain prescription and over-the-counter medications can increase falls risk. Your pharmacist can help you review medications, suggest adjustments, and support your plan to stay falls-free.
12. **Prevention:** Falls are preventable and there are simple steps you can take to reduce your risk.
13. **Programs:** There are many evidence-based falls prevention programs that are offered both in person and virtually that can help you stay falls free.
14. **Simple:** Simple steps, like removing clutter and replacing light bulbs, can make a big impact to help you stay independent and falls free.
15. **Walking:** If you feel unsteady or rely on furniture as a support while you walk, talk to your provider about ways to strengthen your balance.

Go to www.ncoa.org/tools/falls-free-checkup/ to take the 13-question FallsFreeCheckUp® and access resources that can help you stay active and independent.

Advanced Version Answer Key

Y S D I B L Q W W C A N U K M T X O S G J K F X **P**
 F Z B L V H B Z L U L N E W H S X D P F G H U L **H**
 M D S R Y A L S M Z N H D T N G K A G R B L O E **A**
 W H J M V V S C E W G Y U H P Y O X P Q K K B W **R**
 L R Z E R X J M J T I H R P W K J C D T S Z W N **M**
 L Q O O A D Z L L N S **A C T I V E** D S P D Z I E **A**
 U I M Z K O I H P R L M N E P L U T Q Z M G D X **C**
 H M **W A L K I N G** S N Y R X Q J X S E R B J X U **I**
 P S X **S A L G H** J U K Q X P U Y O F L J H X Q C **S**
 N W H **S T Q Q S** D Y G G J Y A N C G X R Y C S U **T**
 P L W **E S X L S** M G J S K R O I W I D K U M S Z **B**
 J Z B **S M J O T** W P G J V V U O G N A X T V D C **Y**
 O **F O S U A D B N B** S K Y J X Q Q S **H E A R I N G**
 U **R V M L T P L T** G F Z A D J J B O J G C P I C L
 F **I P E H K H D E O Y V A Y H V M O J Q G L N H A**
 I **E R N O Q J S P G H Q Q P I H W V P E T S A W F**
 Z **N O T M K I M D R K K V G B P K D M M X Q T F A**
 N **D G M E B O R L L K P L L S I M P L E F G P C N**
 K **S R X S A S S I S T I V E D E V I C E G B B X D**
 D Z **A H X T O L J W K H D M Q G Q Z J Q G A Q M K**
 M D **M F V H Z M R Y U P I U R A Y E C L U T T E R**
 P E **S B S R W U H E O F L O O R I N G I U I P V N**
 D T N N Y **O Z H Y V D G N G E J H R V F V Y E A T**
 K G N G O **O P I U D F S L P R E V E N T I O N T W**
 R F B I Y **M L T R Y A U A U L F V V N U S S L I G**