

Falls Free Fact Finder

Beginner

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!

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

1. **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.
2. **Assistive Device:** Using a well-fitted assistive device, such as a cane or a walker, can improve confidence and safety.
3. **Balance:** Engage in activities like Tai Chi that improve balance and help you remain confident and active.

4. **Bedroom:** Falls commonly occur in the bedroom. Improve your bedroom's safety by clearing pathways, keeping frequently used items in arms reach, and securing furniture and area rugs.
5. **Doctor:** Share any concerns or details of past falls with your doctor—they can partner with you to strengthen your safety and confidence.
6. **Exercise:** Regular exercise improves balance and strength and reduces your risk of falling.
7. **Family:** Family members can play an important role in supporting and inspiring you to remain falls free. Tell a trusted family member about your interest in taking action to reduce your risk of falling.
8. **Footwear:** Choose well-fitting, supportive shoes that help you stay steady and comfortable while moving around.
9. **Lighting:** Use bright bulbs and night-lights in hallways and bathrooms to prevent falls.
10. **Medication:** Certain prescription and over-the-counter medications can have side effects such as dizziness or drowsiness that can increase falls risk. Talk to your doctor or pharmacist about reviewing your medication list.
11. **Mental Health:** Fear of falling can reduce confidence and lead people to limit their activity, thus increasing falls risk. Supporting your emotional well-being can also help you prevent falls.
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. **Stairs:** Stairs are a common site of at-home falls. Use handrails and keep your stairs free of clutter.
15. **Vision:** Get an annual eye exam and wear glasses as prescribed so you can navigate your surroundings with confidence and prevent a fall.

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!

Beginner Version Answer Key

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