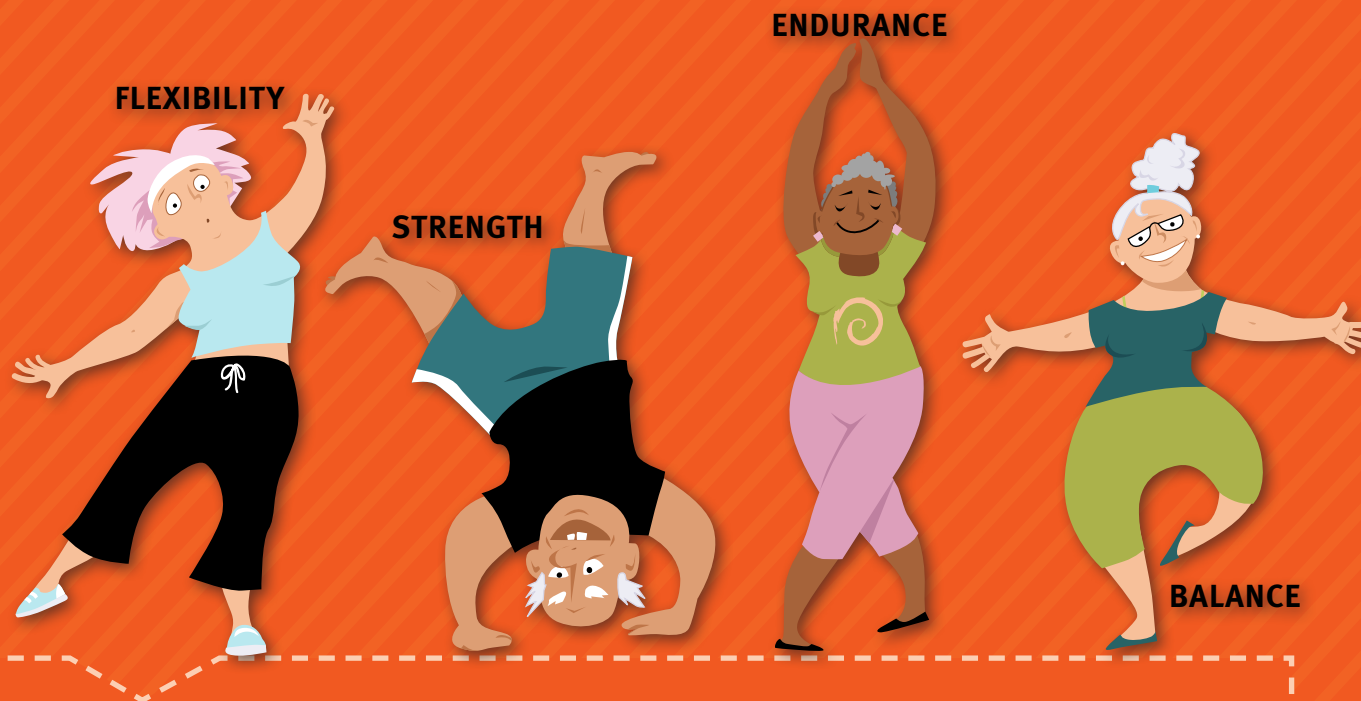


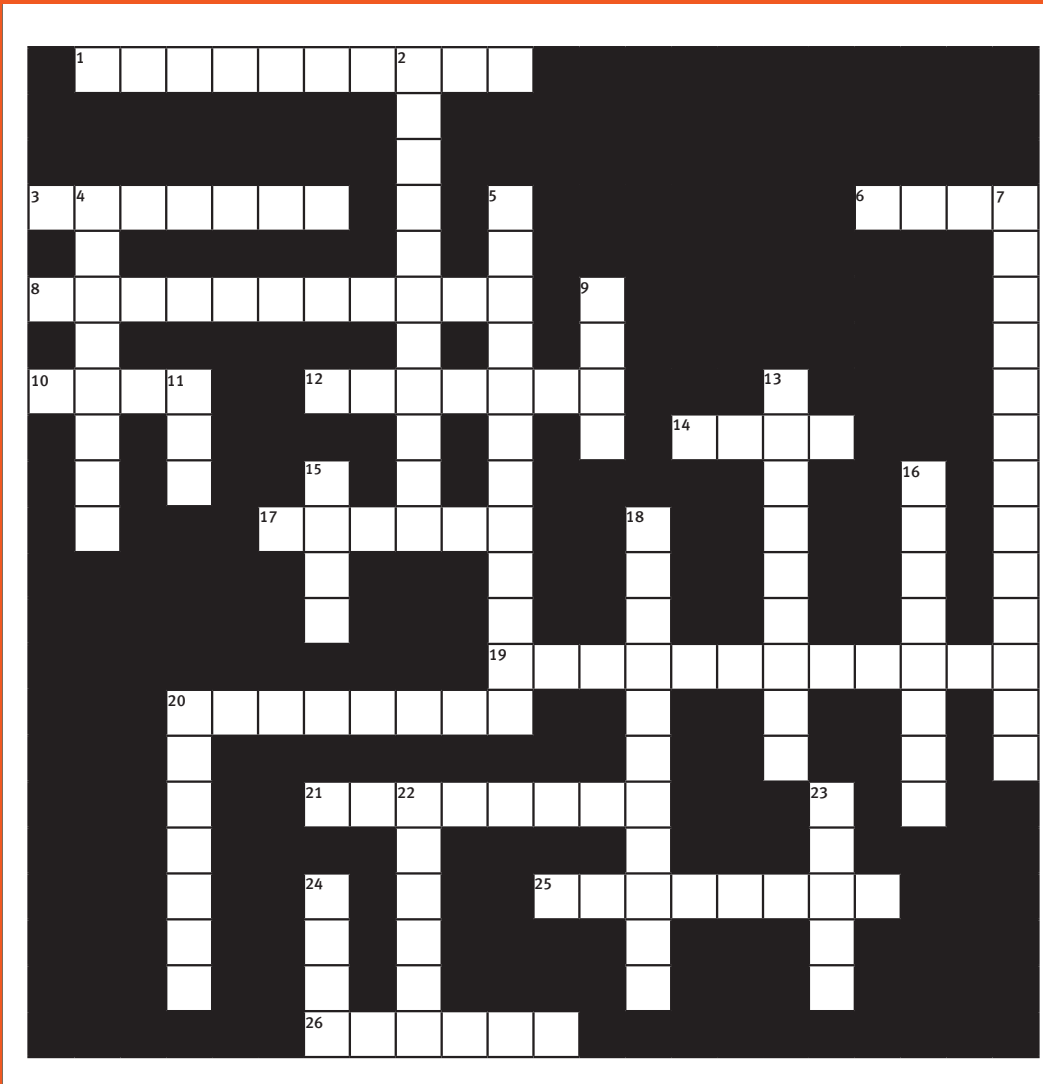
April No Falls—community crossword

Queensland Health aims to help people to stay on their feet by promoting April No Falls month.



When completing this crossword the clues are about risk factors for falls, health professionals that can assist you or actions you can take to prevent a fall. You will find hints to complete this crossword in the Be Safe, Stay on Your Feet® in hospital and prevent falls brochure.

April No Falls—community crossword



Stay On Your Feet® is used with permission from the Department of Health Western Australia.

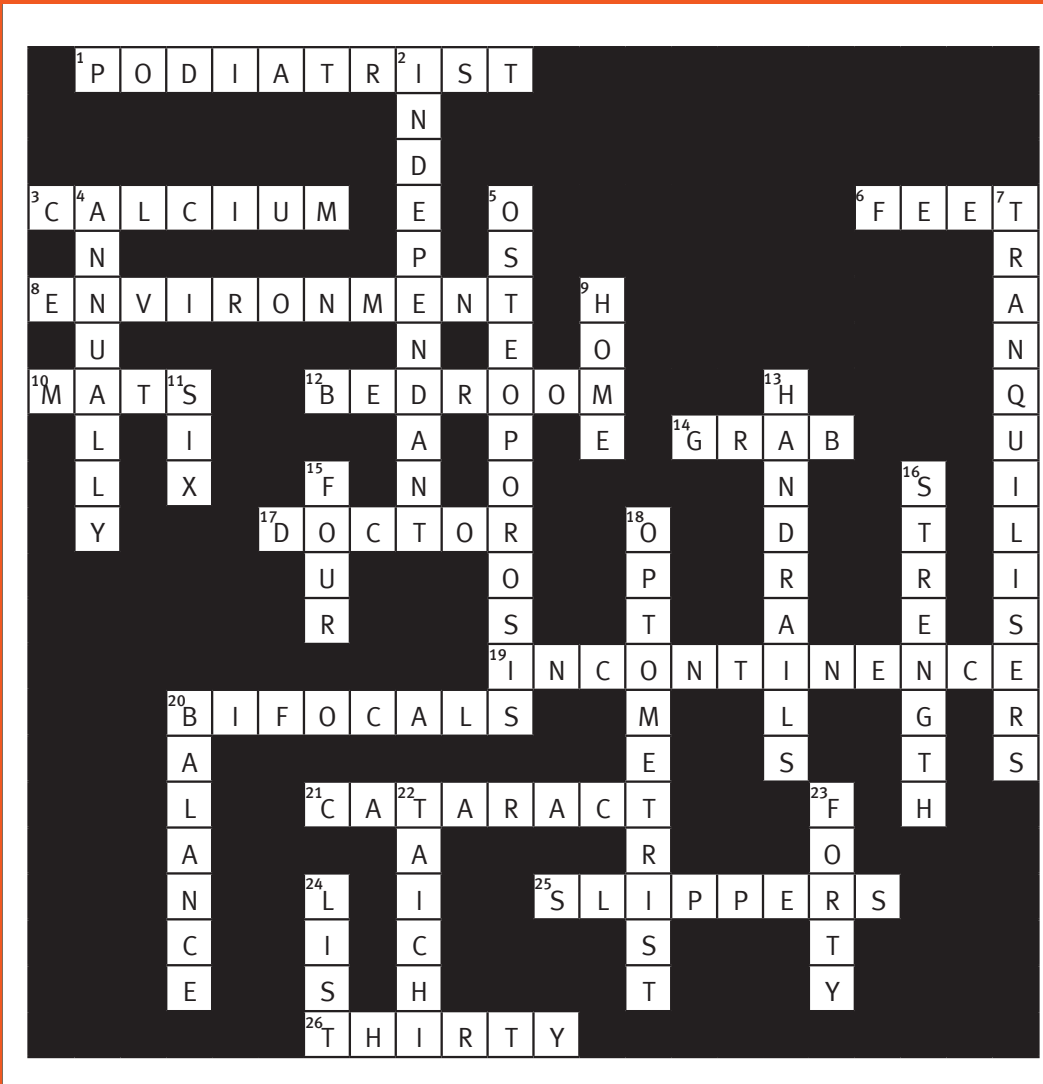
Across

- 1 A health professional who can assist with sore feet
- 3 Eating foods high in this will help keep bones strong
- 6 Tired and aching..... interferes with staying active
- 8 I should keep this clear of clutter
- 10 Remove these as they are trip hazards
- 12 At home most falls occur in this room
- 14 A type of rail installed in bathrooms and toilets
- 17 Who I should talk to about concerns with falling
- 19 Accidental or involuntary loss of urine from the bladder
- 20 Do not wear this type of glasses when walking
- 21 An eye condition that causes a clouding of the clear lens in the eye and blurred vision
- 25 Footwear worn in hospital or at night which can increase the risk of falling
- 26 The number of minutes of moderate physical activity that is recommended each day

Down

- 2 An occupational therapist can help you stay..... at home
- 4 How often do you need to have medication reviewed?
- 5 A condition where bones become fragile and brittle, leading to a higher risk of fractures
- 7 A commonly used medication that increases the risk of falls
- 9 Where most people fall
- 11 A predictor of falling is if you have had a slip, trip or fall in the last..... months.
- 13 These are needed on both sides of stairs
- 15 When you take this number of medications or more this increases your risk of falling
- 16 Having difficulty getting up from a chair is a loss of upper leg
- 18 If I am having trouble with my eye sight I would visit an
- 20 To prevent falls these type of exercises should be done twice per week
- 22 A type of exercise that helps to improve balance
- 23 Changes in my vision occur at this age
- 24 This will help me and health professionals know what medication I am taking

April No Falls—community crossword



Across

- 1 A health professional who can assist with sore feet
- 3 Eating foods high in this will help keep bones strong
- 6 Tired and aching..... interferes with staying active
- 8 I should keep this clear of clutter
- 10 Remove these as they are trip hazards
- 12 At home most falls occur in this room
- 14 A type of rail installed in bathrooms and toilets
- 17 Who I should talk to about concerns with falling
- 19 Accidental or involuntary loss of urine from the bladder
- 20 Do not wear this type of glasses when walking
- 21 An eye condition that causes a clouding of the clear lens in the eye and blurred vision
- 25 Footwear worn in hospital or at night which can increase the risk of falling
- 26 The number of minutes of moderate physical activity that is recommended each day

Down

- 2 An occupational therapist can help you stay..... at home
- 4 How often do you need to have medication reviewed?
- 5 A condition where bones become fragile and brittle, leading to a higher risk of fractures
- 7 A commonly used medication that increases the risk of falls
- 9 Where most people fall
- 11 A predictor of falling is if you have had a slip, trip or fall in the last..... months.
- 13 These are needed on both sides of stairs
- 15 When you take this number of medications or more this increases your risk of falling
- 16 Having difficulty getting up from a chair is a loss of upper leg
- 18 If I am having trouble with my eye sight I would visit an
- 20 To prevent falls these type of exercises should be done twice per week
- 22 A type of exercise that helps to improve balance
- 23 Changes in my vision occur at this age
- 24 This will help me and health professionals know what medication I am taking

Stay On Your Feet® is used with permission from the Department of Health Western Australia.