## Falls are Preventable

| U | M | E | D |  | C |  | N | N E | R | R E | V |  | E | W | R | W | R | R | D | S | S | B | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | S | T | R | E | N | G | T | H | E | X | E | R | C | I | S | E | S | N | A | T | 1 | H | L |
| P | U | E | Y | P | A | Y | A | T | T | E | N | T |  | 0 | N | X | 1 | P | U | C | T | H |  |
| F | G | N | W | K |  | Q | H | H | C | H | B | B | N | D | M | G | N |  | Z | $\downarrow$ | R | G |  |
| X | S | 0 | H | A | V | S | T | U | T | T |  | C | U | K | H | W | C | M | U | R |  | Q |  |
| B | E | R |  |  |  |  | L | Z |  | A |  | H | K |  |  |  | N | M |  | N |  |  |  |
| R | N | Y | E | S | S | K | P | Q | Q C | R | S | U |  | G | V | S | M |  |  |  | E |  |  |
| H | V | F | B | $V$ | L | Q | Q | T | N | N | $\checkmark$ |  | X | G | D | R |  | N |  | N | O | Z |  |
| O | F | U | R | X | U | L | 1 | N | Y | R | G | A | K | Q | B | O | T | D | L | L | H | V | G |
| S | S | S |  | P | L | V | A | A | G | H | T | Z | H |  | Y |  | N |  |  | E | S | K |  |
|  | T | E |  | E | E | C | A | F | T | A | O | G | M | X |  | B | P |  | M | N | E | Z |  |
| C | T | H | N | O |  | X | L | S | L | N |  | B |  | Q | M | D | X | M | R | B | F | N |  |
| E | 1 | A | G | S | P | D | E | E | L | L | C | D |  | M | X | G | A | C | Q | U | A |  |  |
| H | 0 | N | M | 1 | $\bigcirc$ | L | D | B | A | L | A | N | C |  | E | X | E | R | C |  | S | E |  |
|  | T | D |  | Q | S | R | H | E | O | N | C | T | Y | C | P | A | Y | N | H | X | R | H |  |
| H | E | R | H | P | M | E | L | S | C | P | U | V | R | R | E | O | W | Q | K | T | A | O |  |
| T | E | A | Q | $J$ | W | Q | Y | 1 | T | N | M | P | H | O | V | A | O | H | B | T | E | B |  |
|  | F |  | B | R | V | O | D | E | G | G A | A | U | S | P | P | W |  | J | N | L | W | E |  |
| A | P | L | M | U | R | N | V | U | K | H | M | L | D | P | X |  | Q | P | M | D |  |  |  |
| E | U | S | Q | A | R | U | O | E | T | C | T | O | A | E | 1 | W | R | A | R | K | z |  |  |
| H | K | T | Y | S | U | 1 | $\bigcirc$ | C | S | E | E | S | N | B | $J$ | L | C | D | K | G | $\checkmark$ | Q |  |
|  | C | O | N | G | N | E | N | N D | E | U | F | H | H | S | T | Z | L | T | R | A | A | R | Q |
| B | 1 | P | X |  | T | A | V | T | M | M T | N | B | C | P | M | A | T | S | Q | T | X | W |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | C |  |  |  |

The words can be found in a straight line, up down, forwards, backwards or even diagionally.
These steps will help to prevent a fall.

Balance exercises
Be active
Check eyesight
Clean up spills
Don't rush
Eat balanced diet
Health checks

Install grab rails
Medicine review
Night lights
No mats
Pay attention
Pick up feet
Report all falls to GP

Sensor lights
Strength exercises
Take calcium
Use hand rails
Use walking aid
Wear safe shoes

## Answers

| U | M | E | D | I | C | I | N | E | R | E | V | I | E | W | R | w | R | R | D | S | S | B | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | S | T | R | E | N | G | T | H | E | X | E | R | C | I | S | E | S | N | A | T | 1 | H | L |
| P |  | E | Y | P | A | Y | A | T | T | E | N | T | I | 0 | N |  |  | P | $\cup$ | c | T | H | I |
|  | G |  | W | K | I | Q | H | F | C | H | B |  | N | D | M | G | N | Y | Z | $J$ | R | G | A |
| X |  |  |  | A | v | S | T | U | T |  |  |  | U |  |  | W | C | M | $\cup$ | R | J | Q | R |
| B | E |  |  |  |  | Y | L | z |  |  |  | H |  |  |  | K | N | M | c | N | S | $P$ | B |
| R | N | Y |  |  |  | K | P |  |  |  | s |  |  | G | $v$ | S | M | B | Y | S | E | P | A |
| H | V | F | B |  |  |  |  |  |  | w |  |  |  | G | D |  | 1 | N | 1 | N | 0 | z | R |
| $\bigcirc$ | F | U | R | X |  |  |  |  |  |  |  | A | K | Q |  |  |  | D | L | L | H | $v$ | G |
| S | S | S | $T$ | P |  |  |  |  |  |  | T | z | H | L | Y |  |  |  | F | E | S | K | L |
| K | T | E |  | E |  |  |  |  |  |  | 0 | G | M | x | N | B |  |  |  | N | E | z | L |
| C |  | H | N |  |  |  |  |  |  |  |  | B | A | Q | M | D | X |  |  | B | F | N | A |
| E | 1 | A | G | S |  | D |  |  |  |  |  | D | F | M | X | G | A | C |  | U | A | 1 | T |
| H | $\bigcirc$ | N |  |  | 0 |  | D | B | A |  | A | N | C | E | E | X | E | R | C |  |  | E | S |
| C | T | D | 1 |  |  |  |  | E |  |  |  |  |  | C | P | A | Y | N | H | X | R | H | N |
| H | E | R | H | P |  |  | L | S |  |  |  |  |  |  | E | 0 | w | Q | K | T | A | $\bigcirc$ | I |
| T | E | A | Q | $J$ | w |  |  |  |  |  |  |  |  |  | V | A | $\bigcirc$ | H | B | T | E | B | G |
| L | F | 1 | B | R | v | $\bigcirc$ |  | E | G |  |  |  |  |  |  |  | D | J | N | L | W | E | X |
| A | P | L | M | U | R | N | V |  |  |  |  |  |  |  |  |  | Q | P | M | D | L | L | R |
| E | U | S | Q | A | R | $u$ | O | E |  |  |  |  |  |  |  |  | R | A | R | K | Z | L | H |
| H | K | T | Y | S | $u$ | 1 | O | C | s |  | E | S | N | B |  |  | C | D | K | G | $\checkmark$ | Q | 0 |
| 1 | C | 0 | N | G | N | E | N | D | E | $u$ |  |  |  |  | T |  |  |  | R | A | A | R | Q |
| B | 1 | P | X | 1 | T | A | V | T | M | T | N |  |  |  | M | A |  | S | Q | T | X | w | L |
| K | P | z | T | A | K | E | C | A | L | C | I | U | M |  | S | K | E | T | E | c | w | 1 | z |

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