**November 2019 – Falls Prevention Month**

**Word Scramble Challenge**

Complete the Fall Reduction and Injury Prevention word

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| **Question** | **Scrambled Answer** | **Your Unscrambled Answer** |
| 1. If you take multiple of these and do not have them reviewed by a professional, you may be at an increased risk of falling.
 | SIODIACNTME |  |
| 1. It’s a great way to stay fit as we grow older keeping our muscles and bones strong and preventing falls.
 | REECIEXS |  |
| 1. \_\_\_\_\_\_\_ of falling, is a fall risk factor.
 | RFAE |  |
| 1. The Universal Fall Precautions are represented by the acronym SAFE. The ‘S’ stands for ‘Safe \_\_\_\_\_\_\_’.
 | NINMVENEROT |  |
| 1. This has been proven to prevent falls and injuries by strengthening muscles and bones.
 | TDNMIIA V |  |
| 1. Keeping this in the lowest appropriate position with wheels locked can help to ensure elder’s safety.
 | DBE |  |
| 1. Poor \_\_\_\_\_\_\_\_\_ is a fall risk factor.
 | TNIRITNOU |  |
| 1. \_\_\_\_\_\_\_\_ deficits can make it difficult to see hazards in your environment, thereby increasing risk of falling.
 | LSUVAI |  |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Neighborhood/Work Area: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sherbrooke Community Centre, SHA, 2018 