Did You Know?
- One in 3 older adults fall each year.
- Falls are the most common cause of hospital admissions for trauma.
- Falls are the leading cause of injury deaths among older adults.

Falls Are Preventable

Here are some things you can do to reduce your risk of falling:

Exercise: Engage in regular physical activity, especially balance and strength-building activities.

Medication: Ask your doctor if medications you take, or alcohol consumption, increases your risk of falling.

Home Safety: Identify and correct falling, slipping or tripping hazards.

Vision: Have regular vision checks.

Prevent Falls

<table>
<thead>
<tr>
<th>FALLS FREE:</th>
<th>H S W Z V R O I S V A S O J T</th>
<th>CLUTTER</th>
<th>SAFE SHOES</th>
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<tbody>
<tr>
<td>FALLS FREE:</td>
<td>Z M N T G U P K E K P H T L H</td>
<td>GRABBARS</td>
<td>SLIPPERY</td>
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<tr>
<td>FALLS FREE:</td>
<td>S M S R V Z T G W E V T S A R</td>
<td>HAZARDS</td>
<td>STEP LADDERS</td>
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<tr>
<td>FALLS FREE:</td>
<td>U A J N I G N H T L I G H T O</td>
<td>LIGHTING</td>
<td>STRENGTH</td>
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<tr>
<td>FALLS FREE:</td>
<td>Y I F W O T B S Q H M N T S W</td>
<td>LOOSE CARPET</td>
<td>THROW RUGS</td>
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<tr>
<td>FALLS FREE:</td>
<td>C R T E X I N A A N Z E O R R</td>
<td>MEDICATIONS</td>
<td>UNEVEN STEPS</td>
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<td>FALLS FREE:</td>
<td>B M E C S E T Z L G O R P E U</td>
<td>NIGHT LIGHT</td>
<td>VITAMIN D</td>
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<td>FALLS FREE:</td>
<td>C N J P V H A A R A Y T X D G</td>
<td>BALANCE</td>
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Unscramble Your Health

1. LIKWAGN ____________________________
2. NRUTIINOT __________________________
3. NIISVO KCCEH ________________________
4. ANEGRIH STET ________________________
5. CXERIESE ____________________________
6. LYYRAE CLYHIPS A ___________________

BONUS: LAFLS ERFE

Answers:
1) walking  2) nutrition  3) vision check

Bonus: Falls free

+ Balance test 3) exercise 6) yearly physical
+ Falls free

Issued by the New Jersey Department of Human Services

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