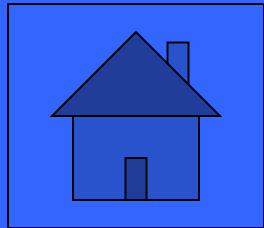


Home Sweet Home	Risk Factors	Put your left foot out	Let's get physical	Left to our own devices
<u>100 pt</u>	<u>100 pt</u>	<u>100 pt</u>	<u>100 pt</u>	<u>100 pt</u>
<u>200 pt</u>	<u>200 pt</u>	<u>200 pt</u>	<u>200 pt</u>	<u>200 pt</u>
<u>300 pt</u>	<u>300 pt</u>	<u>300 pt</u>	<u>300 pt</u>	<u>300 pt</u>
<u>400 pt</u>	<u>400 pt</u>	<u>400 pt</u>	<u>400 pt</u>	<u>400 pt</u>
<u>500 pt</u>	<u>500 pt</u>	<u>500 pt</u>	<u>500 pt</u>	<u>500 pt</u>

If you weigh more than a towel,  
using one of these to support your  
weight can be very dangerous.



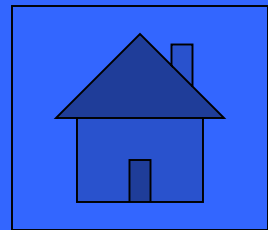
# Towel Bar



You never want to have these  
across areas where you or other  
walk because they can cause you  
to trip.



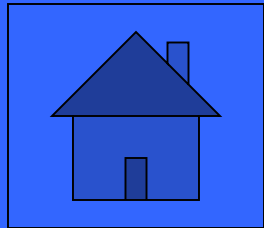
# Electrical Cords



It is a good idea to have one of these at both the top and the bottom of the stairs so you can turn the light on or off from the top or bottom.



# Light switch

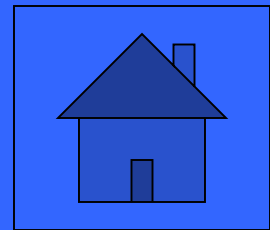


As we get older we may need more light to brighten dark corners and outdoor areas, so we might want to put in these with higher watts





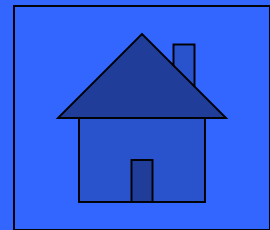
# Light Bulbs



We should have always have  
non-skid strips in these.



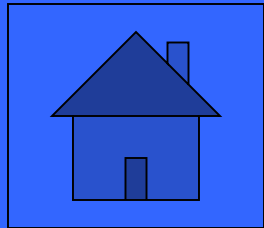
Bath tub or shower



These furry friends can get tangled  
up in our feet and cause a fall.



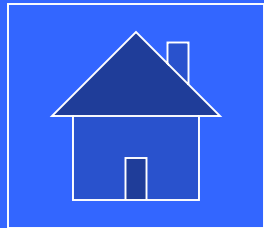
# Dog



Drink too much of this can make you light headed and dizzy and should be avoided.



# Alcohol



This gender is more than  
twice as likely to suffer a  
fracture from a fall





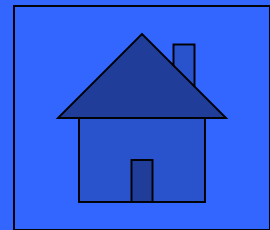
# Female



People over this age are  
four to five times more likely to  
be admitted to a long-term  
care facility after a fall



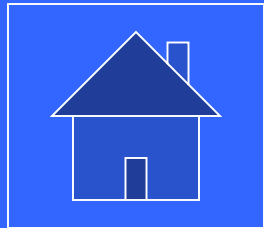
Age 75



If you take multiples of these  
and do not have them  
reviewed by a professional,  
you may be at a higher risk



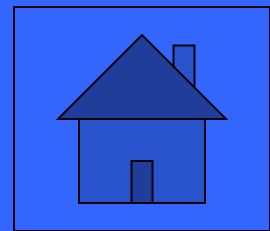
# Medications



Doing this can cause you to walk  
too fast and not notice cracks  
or steps



# Hurrying



Sidewalks and streets can  
be slippery when it does  
this





# Rain



# **Double Jeopardy**

These should have a thin rubber sole with a light tread

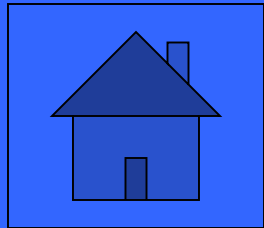


**Double Jeopardy**

**Double Jeopardy**

shoes

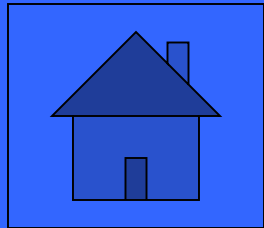
**Double Jeopardy**



This organ helps us focus  
on what we're doing, whether  
inside or out



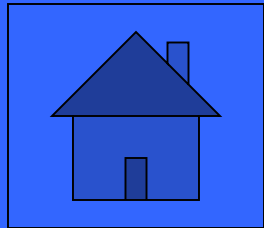
# Brain



We should never block our view of our feet when walking so we need to be careful when we do this.



# Carrying items

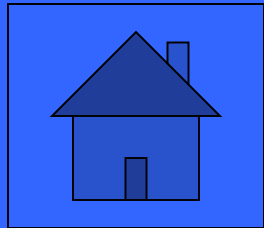


This exercise can improve  
your balance





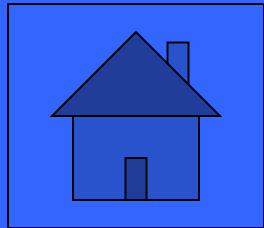
# Tai chi



We should always sit up, stretch  
and move our arms and legs  
before doing this



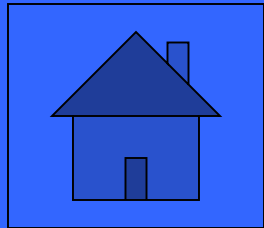
Get out of bed



It's a great way to stay fit as  
we grow older keeping our  
muscles and bones strong  
preventing falls



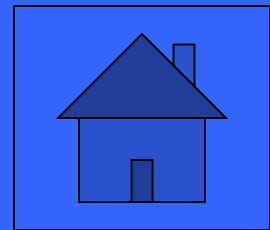
# Exercise



Dragging our feet when we walk  
can cause a stumble so it  
is important to do this as we walk



Pick up our feet and walk  
heel -toe

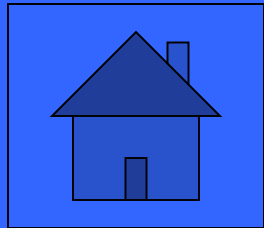


Dehydration can cause light-headedness and dizziness, so we have to remember to drink plenty of this especially when exercising or outside on a hot day





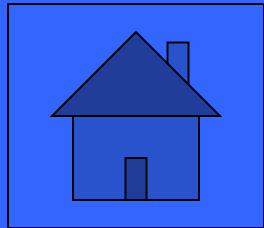
# Water



It is good idea to have these on  
both sides of the stairs and  
to always use them



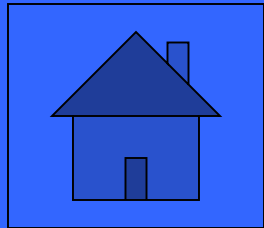
# Hand/stair rails



This is a handy item to have with you when you travel to keep next to the bed so you'll always know where the closest light is



# Flashlight



# **Double Jeopardy**

We should always talk to a  
Physical Therapist about proper  
use of this device

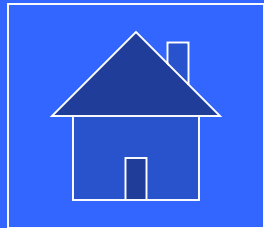
**Double Jeopardy**



**Double Jeopardy**

**A cane or walker**

**Double Jeopardy**



If you have a prescription for  
these you need to wear them and  
keep them clean





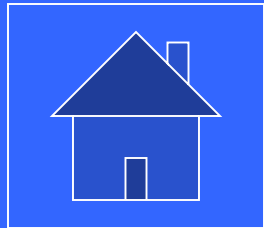
# Glasses



It is a good idea to put a raised seat on this because it makes it easier to get up



# Toilet



Final

Jeopardy



These items commonly found in homes should be “thrown” out since they can cause falls.



# Throw Rugs



*Jeopardy Game Template adapted from the work of Susan Collins and Eleanor Savko, District Resource Teachers for Hardin County Schools: [www.hardin.k12.ky.us/res\\_tech/sbjarea/math/MathJeopardy.htm](http://www.hardin.k12.ky.us/res_tech/sbjarea/math/MathJeopardy.htm) And further adapted from the Kansas Foundation for Medical Care.*

