Fall prevention

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| **Across**  **4.** Must have adequate amount to prevent daytime drowsiness  **5.** Type of socks that protects against falls  **7.** A side rail provides assistance when going up  **8.** Loose objects around the house that may cause falls  **10.** Falls may lead to loss of | **Down**  **1.** Keep by bed for getting up in the middle of the night  **2.** Always know when to ask for this  **3.** May cause lightheadedness. Talk to your Doctor about the side effects  **6.** Lifestyle change that increases muscle strength  **9.** An emotion people may feel after experiencing a fall |