

**List of Terms**

Assertiveness

Flexibility

Medications

Positive thinking

Talking to your  
doctor

Drinking water

Confidence-building  
thoughts

Regular exercise

What to do after  
a fall

Sharing ideas

"Fall-ty Habits"

Safe footwear

Practical/personal  
solutionsFall hazards in the  
home

Good lighting

Lower extremity  
strengthGetting up from  
a fall

Reducing fall risks

Low blood pressure

Responsibility

Balance

Vision and hearing