### Fall Prevention Resources

**NCOA Falls Prevention**

<https://www.ncoa.org/healthy-aging/falls-prevention/>

**Falls Free: Promoting a National Falls Prevention Action Plan 2015**: <https://www.ncoa.org/resources/2015-falls-free-national-falls-prevention-action-plan/>

Explore this blueprint with 40 strategies to reduce falls and fall-related injuries among older adults. This updated plan builds on the original Falls Free® National Action Plan, released in 2005.

**Falls Prevention Conversation Guide for Caregivers**

[https://www.ncoa.org/.../**Falls**-**Prevention**-Conversation-Guide-for-Caregivers \_Final.pdf](https://www.ncoa.org/.../Falls-Prevention-Conversation-Guide-for-Caregivers%20_Final.pdf)

Caregivers, let’s talk about keeping you and your family safe and active

**Publications and Resources from the CDC**

<https://www.cdc.gov/homeandrecreationalsafety/falls/index.html>

This CDC link contains Morbidity and Mortality Weekly Reports, journal articles, and brochures about falls prevention for older adults.

**STEADI: Stopping Elderly Accidents, Death & Injuries**

<http://www.cdc.gov/steadi/index.html>

The CDC STEADI program provides materials for providers and patients, including videos, webinars and brochures.

**Senior Health**

<https://www.nia.nih.gov/health>

Information from the National Institute of Health on a wide variety of senior health topics.

**Go 4 Life – National Institute on Aging at NIH**

An exercise and physical activity campaign from the National Institute on Aging at NIH.

<https://go4life.nia.nih.gov/>

# **Talking with Your Doctor: A Guide for Older People**

<https://www.nia.nih.gov/health/why-being-able-talk-your-doctor-matters>

National Institutes on Aging- Tips on preparing and having conversations with your healthcare provider

**Fall Prevention Center of Excellence**

<http://stopfalls.org>/

This website contains extensive information and resources on falls prevention.