

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

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

Publications and Resources from the CDC

<https://www.cdc.gov/homeandrecrreationalafety/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.