# Recommended Resources on Fall Prevention

## Web sites

**Center for Healthy Aging**
The National Council on the Aging's Center for Healthy Aging has launched a website to provide aging service providers easy access to resources, such as manuals, toolkits, examples of model programs, and links to websites on topics related to healthy aging, including health promotion, disease prevention, and chronic disease management. In this manner we are providing community based organizations with resources necessary to implement evidence-based health promotion programs for older adults in their local communities. The three Falls Free™ documents are also posted on this Web site. www.healthyagingprograms.org

**Connecticut Collaboration for Fall Prevention**
Downloadable materials for public use (screening tools) as well as information sheets describing how to handle common fall risk factors such as medications, blood pressure drops on standing, and home fall hazards are available at www.fallprevention.org/index.htm.

**Fall Prevention Center of Excellence**
The Fall Prevention Center of Excellence is the home of a California Fall Prevention Initiative. The Center provides information to both consumers and professionals on various topics relating to falls and fall prevention. www.stopfalls.org

**Home Safety Council Resources**
The Home Safety Council is dedicated to helping prevent the nearly 21 million medical visits that occur on average each year from unintentional injuries in the home. Through national programs and partners across America, the Home Safety Council works to educate and empower families to take actions that help keep them safer in and around their homes. www.homesafetycouncil.org

**Home Safety Council Expert Network**
A regularly updated resource for fire, life safety, and public health experts that includes home safety education materials designed for use with older adult audiences – focusing on fall prevention and the other leading causes of preventable home injury is available at: www.homesafetycouncil.org/expertnetwork.

**Home Sweet (Safe) Home**
Adapted from the Jefferson Area Board for the Aging (JABA), SeniorNavigator.org offers this informational Web page for seniors and those who care about them (see first URL listed): www.seniornavigator.org/vaprovider/consumer/snTopicList.do?mainTopicId=186&categoryId=4

**National Center for Injury Prevention and Control (NCIPC)**
NCIPC serves as the Injury Center for the Centers for Disease Control and Prevention. Their *Preventing Falls Among Older Adults* website section includes fact sheets, graphs, and brochures about falls and fall prevention for older adults. It also includes a *Compendium of Effective Community-based Interventions from Around the World* as well as *How To Develop Community-based Fall Prevention Programs for Older Adults*, a how-to guide for community-based organizations. www.cdc.gov/ncipc/preventingfalls

**National Institute on Aging, AgePage**
The National Institute of Health's National Institute on Aging offers a variety of consumer information brochures (AgePage) on health promotion and disease prevention. Preventing Falls and Fractures is one of these many brochures available on line.
www.niapublications.org/agepages/PDFs/preventing_Falls_and_Fractures.pdf

**National Resource Center on Supportive Housing and Home Modification**
A university-based (University of Southern California), non-profit organization dedicated to promote aging in place and independent living for persons of all ages and abilities, the Center offers a vision for the future as well as practical strategies and materials for policymakers, practitioners, consumers, manufacturers, suppliers, and researchers. The Center is an information clearinghouse for resources on home modification. The site links to several home safety checklists. www.homemods.org

**National Safety Council**
The National Safety Council (NSC) is a leading safety and health advocate dedicated to protecting life and promoting health, identified falls among the elderly as a leading concern in its Safety Agenda for the Nation released in 2000. This site offers several resources and materials.
www.nsc.org/resources/issues/fallstop.aspx

**Rebuilding Together**
Rebuilding Together is an organization that rebuilds houses for low-income homeowners such as the elderly or persons with disabilities. Their mission is to provide houses that promote warmth, independence, and safety. A home safety checklist is available on the Web site.
www.rebuildingtogether.org

***Safe Steps* Program Materials**
The Home Safety Council has developed the national *Safe Steps* program designed to educate older adults and their family members on how to reduce their risk of failing dangers. The *Safe Steps* program, which was distributed free of charge to 5,000 older adult activity centers nationwide, includes an instructional video, educational wall poster, and activities that can help track medications, exercise and assess overall home safety. All program materials are available on their Web site at http://homesafetycouncil.org/home/home_march05_w002.aspx.

## Publication Resources

**California State Blueprint: Fall Prevention White Paper**
A white paper entitled *Preventing Falls in Older Californians: State of the Art* can be found at: www.archstone.org/usr_doc/Copy_of_Fall_Prevention_White_Paper.pdf. This work, funded by the Archstone Foundation, (a private grant making organization, whose mission is to contribute towards the preparation of society in meeting the needs of an aging population), served as the framework for the National Falls Free initiative.

**Compendium of Research Papers**
Updated research papers addressing the impact of falls and fall related injuries and providing evidence-based strategies to address falls prevention can be found on PDF on the Center for Healthy Aging Web site under "Resources by Health Topic: Fall Prevention" at www.healthyagingprograms.org.

**Environmental Scan**
The final report for this survey of national organizations and agencies outlines the findings and presents program information on each of the organizations.
It is posted as a PDF under "Resources by Health Topic: Fall Prevention" at www.healthyagingprograms.org.

**Home Safety Council Research: *The State of Home Safety in America*™**
This informative 2004 study of unintentional injuries in the home environment includes a section on falls and fall related injuries.
http://homesafetycouncil.org/state_of_home_safety/stateofhomesafety.aspx

**National Action Plan**
The National Action Plan was developed through consensus in a national summit of 58 national organizations, professional associations, and federal agencies working in the area of fall prevention. The plan contains 36 strategies and action steps that are based on the available research and the combined experience of attending organizations, which are proposed to affect falls and fall related injuries through collaboration. A PDF of the Plan is available on the Center for Healthy Aging Web site under "Resources by Health Topic: Fall Prevention" at www.healthyagingprograms.org.

## Professional Association Web sites and Resources

**AARP**
Providing help to seniors who wish to stay in their own homes but are facing mobility limitations, this AARP Web page features ideas for making the home more safe and accessible.
www.aarp.org/life/homedesign

**American Academy of Orthopedic Surgeons**
The AAOS provides simple tip sheets for reducing the risk of falls and fall related injuries, including home assessment tools.
http://orthoinfo.aaos.org/fact/thr_report.cfm?thread_id=102&topcategory=Injury%20Prevention

**American Occupational Therapy Association**
Professional guidelines, tools and practice resources, in addition to consumer fact sheets on fall prevention are available at:
www.aota.org/

**American Physical Therapy Association**
Professional guidelines, tools and practice resources are available. In addition, a consumer brochure *What You Need to Know About Balance and Falls* is available as a PDF at
http://www.apta.org/AM/Template.cfm?Section=Home&CONTENTID=48663&TEMPLATE=/CM/ContentDisplay.cfm.

**Bone Health and Osteoporosis: A Report of the Surgeon General**
This first-ever Surgeon General's Report on bone health and osteoporosis illustrates the large burden that bone disease places on our nation and its citizens. Weakened bone health can lead to more significant injuries associated with falling.
www.surgeongeneral.gov/library/bonehealth/docs/exec_summ.pdf

## Evidence-based Fall Prevention Programs

**A Matter of Balance**
The Matter of Balance program was developed by the Roybal Center for Research in Applied Gerontology at Boston University and the New England Research Institutes with funding from the National Institute on Aging. In this initiative, the Partnership for Healthy Aging has modified the program delivery to include lay leaders, which is proving to be effective in disseminating this fear of falling program across the state of Maine.
www.mmc.org/mh_body.cfm?id=432

**American Geriatrics Society: Falls in Older**
This *Falls in Older Adults Management in Primary Practice* Toolkit is designed for health care practitioners to help manage high risk patients in Primary Practice.
www.americangeriatrics.org/education/falls.shtml

**FallPROOF!**
*FallProof!* Is a comprehensive balance and mobility training program designed by researchers at California State University, Fullerton. It offers a practical manual that blends the latest theory into practical applications. It will prove a valuable resource for physical activity instructors and health care professionals working with older adults in physical activity settings, and it will also be helpful for assessing and designing programs to improve mobility and balance.
www.exrx.net/Store/HK/Fallproof.html

**HEROS-© Program, Temple University**
Health, Education, Research and Outreach for Seniors (HEROS-©) provides educational materials to a variety of stakeholders to affect fall risk assessment and intervention. Materials are available in a variety of languages. www.temple.edu/older_adult/

**National Center for Patient Safety Falls Toolkit**
The Falls Toolkit designed for health care implementation in health care facilities available on this site includes**:**
• Designing a falls prevention and management program
• Effective interventions for high-risk fall patients
• Implementing hip protectors for high-risk fall patients
• Educating patients, families and staff on falls and fall-injury prevention.
http://www.patientsafety.gov/SafetyTopics/fallstoolkit/index.html

**National Resource Center for Safe Aging**
Located at San Diego State University, this injury prevention Web site includes fall prevention materials and programs that are suitable for a variety of stakeholders. It is funded by the National Center for Injury Prevention and Control.
http://www.safeaging.org/model/default.asp

## General Aging Resources

**The Archstone Foundation**
The Archstone foundation is a grant making organization that was created in order to help society meet the needs of the elderly. The site provides useful resources and links to grant projects. www.archstone.org

**Eldercare Locator**
This public service of the U.S. Administration on Aging connects older Americans and their caregivers with sources of information on senior services. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. www.eldercare.gov/Eldercare/Public/Home.asp

**Firstgov.gov for Seniors**
This federal Web site houses wide-ranging links to support older adults and professional service providers. www.firstgov.gov/Topics/Seniors.shtml

**National Council on Aging**
The National Council on Aging is a national network of organizations and individuals dedicated to improving the health and independence of older persons and increasing their continuing contributions to communities, society and future generations. www.ncoa.org

**National Family Caregiver Support Program - Professionals and Providers Page**
This resource from the U.S. Administration on Aging is a tool to support professionals and providers who work with and serve older adults. An Elders and Caregivers Resource page is also offered. www.aoa.gov/prof/aoaprog/caregiver/caregiver.aspx

**U.S. Administration on Aging**
www.aoa.gov/eldfam/how_to_find/agencies/agencies.aspx
Search by state to identify state and area agencies on aging.

## State Coalition Web sites

**California's Fall Prevention Center of Excellence**
www.stopfalls.org

**Connecticut Collaboration for Fall Prevention**
www.fallprevention.org/index.htm

**Hamilton County, OH Fall Prevention Task Force**
www.fallpreventiontaskforce.org/

**Minnesota Falls Prevention Initiative**
www.mnfallsprevention.org/

**Texas Falls Prevention Coalition Evaluation Center Website**
http://srph.tamhsc.edu/research/texashealthylifestyles/texas-falls-prevention-coalition.html