

Fall Prevention: Additional Resources

Centers for Disease Control and Prevention (CDC)

- About Older Adult Fall Prevention
 - <https://www.cdc.gov/falls/about/index.html>
- Stay Independent Brochure (Contains form to evaluate fall risk factors)
 - <https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf>
- Guide for Family Caregivers on fall prevention
 - <https://www.cdc.gov/steady/pdf/STEADI-CaregiverBrochure.pdf>
- Home Checklist for Fall Prevention
 - <https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>
- MyMobility Plan
 - <https://www.cdc.gov/older-adult-drivers/mymobility/index.html>

National Council On Aging

- Get the Facts on Fall Prevention
 - <https://www.ncoa.org/article/get-the-facts-on-falls-prevention/>
- NCOA's Free Fall Risk Online Assessment
 - <https://ncoa.org/age-well-planner/assessment/falls-free-checkup>

OrthoInfo

- Guidelines for Preventing Falls
 - <https://orthoinfo.aaos.org/en/staying-healthy/guidelines-for-preventing-falls/>
- Fall Awareness & Prevention Guide
 - <https://orthoinfo.aaos.org/globalassets/pdfs/aaosfallprevention.pdf>

Silver Sneakers

- <https://tools.silversneakers.com/>