

## Recommended Resources on Fall Prevention

### Websites

#### **Center for Healthy Aging: National Council on 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. A myriad of tools and resources for fall prevention are also available, including a resource library of ready to use materials, media toolkit, and more to promote Falls Prevention Awareness Day [www.ncoa.org/FPAD](http://www.ncoa.org/FPAD)

Falls Free® documents are also posted on this website and may be accessed by searching for: National Action Plan; Falls Free® Initiative: Research Review Papers; Progress Report; Compendium of State Coalitions; Home Safety Study; Falls Prevention Awareness Day; the online tool for coalition building; States' Coalition Map; and many others. Check us out: <http://www.ncoa.org/improve-health/falls-prevention/>

#### **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](http://www.stopfalls.org)

#### **National Center for Injury Prevention and Control (NCIPC)**

NCIPC serves as the Injury Center for the Centers for Disease Control and Prevention. The *Preventing Falls Among Older Adults* website section includes fact sheets, graphs, and brochures about falls and fall prevention for older adults and may be accessed at <http://www.cdc.gov/homeandrecreationalafety/falls/index.html>. You can also find CDC materials to address traumatic brain injury at Traumatic Brain Injury Awareness on the site at <http://www.cdc.gov/TraumaticBrainInjury/statistics.html>. New program resources are being posted at [www.phconnect.org](http://www.phconnect.org).

#### **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. <http://www.nia.nih.gov/healthinformation/publications/falls.htm> Another addresses osteoporosis: <http://www.nia.nih.gov/HealthInformation/Publications/osteoporosis.htm>.

#### **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](http://www.homemods.org)



June, 2014

*Every 29 minutes, an older adult dies from a fall; every 14 seconds an older adult is treated in an ED for a fall-related injury.*

**Rebuilding Together** [www.rebuildingtogether.org](http://www.rebuildingtogether.org)

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 website.

**Publication Resources**

The American Geriatrics Society and British Geriatrics Society released new clinical guidelines aimed at preventing falls among older adults in December 2009. A multi-factorial fall risk assessment is recommended for older adults who have had a fall, who have been identified as having gait and balance problems, or who report difficulties with gait or balance. The guidelines include a clinical algorithm that outlines recommended evaluations and interventions, and emphasize the key role of evidence-based strength and balance training.

[http://www.americangeriatrics.org/health\\_care\\_professionals/clinical\\_practice/clinical\\_guidelines\\_recommendations/prevention\\_of\\_falls\\_summary\\_of\\_recommendations/](http://www.americangeriatrics.org/health_care_professionals/clinical_practice/clinical_guidelines_recommendations/prevention_of_falls_summary_of_recommendations/)

**America's Health Rankings**

For the past 24 years, America's Health Rankings® has analyzed a comprehensive set of behaviors, public and health policies, community and environmental conditions, and clinical care data to provide a holistic view of the health of the nation. Click on the "falling person" icon for state-by-state falls data. <http://www.americashealthrankings.org/>

**Center for Healthy Aging/Falls Free® Newsletter**

Monthly Newsletter now reaching over 7,700 individual subscribers; to be added to the subscriber list write to [fallsfree@ncoa.org](mailto:fallsfree@ncoa.org)

**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, proposed to affect falls and fall related injuries through collaboration, and based on the available research and the combined experience of attending organizations. A PDF is available at <http://www.ncoa.org/FallsFreeNAP>.

**National Prevention Strategy**

Surgeon General convened National Prevention and Health Promotion Council released the National Prevention Strategy in 2011 that includes fall prevention. <http://www.healthcare.gov/prevention/nphpphc/strategy/report.pdf>

**State Coalitions on Fall Prevention**

The NCOA coalitions map is interactive, providing you with information on each state activity and a contact to find out more about your state. [www.ncoa.org/fallsmap](http://www.ncoa.org/fallsmap). Also find state profiles demonstrating the impact of falls within the state: <http://www.ncoa.org/FallsProfiles>

**State Policy Toolkit for Advancing Falls Prevention**

Designed to give state and local coalitions the strategies, tools, and resources to make effective systems change happen. It offers a rich compendium of suggested policy changes to advance falls prevention, including opportunities, strategies, and examples of what is possible through education and engagement of key stakeholders. <http://www.ncoa.org/FallsPolicy>



June, 2014

*Every 29 minutes, an older adult dies from a fall; every 14 seconds an older adult is treated in an ED for a fall-related injury.*

#### State of Aging and Health in America 2013

Published by the Centers for Disease Control and Prevention, it focuses on the health of adults aged 65 years or older in US, using key determinants of health (including falls with injuries) to rank states in health of their seniors. <http://www.cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf>

#### US Administration on Aging/EI (AoA)/Eldercare

Find a home safety brochure and strategies to connect to the servicing Area Agency on Aging: [http://www.eldercare.gov/eldercare.net/public/resources/brochures/docs/preventing\\_falls\\_brochure\\_pagebypage.pdf](http://www.eldercare.gov/eldercare.net/public/resources/brochures/docs/preventing_falls_brochure_pagebypage.pdf). AoA also offers a page of tips with other community resource connections. [http://www.aoa.gov/AoARoot/Press\\_Room/News/2012/Healthy\\_Tip/33.aspx](http://www.aoa.gov/AoARoot/Press_Room/News/2012/Healthy_Tip/33.aspx)

#### Professional Association Websites and Resources

##### American Academy of Orthopedic Surgeons [www.aaos.org](http://www.aaos.org)

The AAOS provides simple tip sheets for reducing the risk of falls and fall related injuries, including home assessment tools.

- Guidelines for Preventing Falls <http://orthoinfo.aaos.org/topic.cfm?topic=A00135>
- Getting up from a fall <http://orthoinfo.aaos.org/topic.cfm?topic=A00098>
- Home Safety Checklist <http://orthoinfo.aaos.org/topic.cfm?topic=A00123>

##### American Occupational Therapy Association [www.aota.org/](http://www.aota.org/)

Professional guidelines, tools and practice resources, in addition to consumer fact sheets on fall prevention are available at: <http://www.aota.org/Consumers/consumers/Adults/Falls.aspx>

##### American Physical Therapy Association [www.apta.org](http://www.apta.org)

Professional guidelines, tools and practice resources are available <http://www.apta.org/BalanceFalls/>

#### Community Programs Addressing Fall Prevention

**A Matter of Balance:** A 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](http://www.mmc.org/mh_body.cfm?id=432) across the state of Maine. [www.mmc.org/mh\\_body.cfm?id=432](http://www.mmc.org/mh_body.cfm?id=432)

**National Center for Injury Prevention and Control (NCIPC):** CDC has published a compendium of evidence-based fall prevention programs entitled: *Preventing Falls: What works - A CDC Compendium of Effective Community-based Interventions from Around the World*. There is also a compendium publication *Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults*. Both may be accessed at: <http://www.cdc.gov/ncipc/PreventingFalls/>. Programs actively disseminated by NCIPC include: Moving for Better Balance, Stepping On and Otago.

To learn more: CDC has encouraged broad access to program materials for Stepping On and Tai Chi Moving for Better Balance and Otago, by posting them on a public access site: <http://www.phconnect.org/group/falls>. Site registrants can join an active fall prevention community of leading experts, peers and colleagues in the *Preventing Falls Among Older Adults community* where materials are posted.



June, 2014

*Every 29 minutes, an older adult dies from a fall; every 14 seconds an older adult is treated in an ED for a fall-related injury.*

**STEADI: Stopping Elderly Accidents, Deaths and Injuries:** The new CDC/NCIPC Toolkit designed to facilitate the adoption of the AGS/BGS Guidelines STEADI (Stopping Elderly Accidents, Deaths and Injuries) is available [www.cdc.gov/Injury/STEADI](http://www.cdc.gov/Injury/STEADI). It includes training videos and downloadable materials.

**Stepping On:** The Stepping On program goals are to improve fall self-efficacy, encourage behavioral change, and reduce falls. Key aspects of the program are improving lower limb balance and strength, home and community environmental and behavioral safety, regular visual screening, making adaptations to low vision, and encouraging medication review. See <https://wihealthvaging.org/stepping-on>

**Tai Chi: Moving for Better Balance:** Tai chi is a noncompetitive, self-paced system of gentle physical exercise. Tai Chi is performed as a defined series of postures or movements in a slow, graceful manner. Each movement or posture flows into the next without pausing. Previous research findings have demonstrated the efficacy of Tai Chi exercise in improving balance and decreasing falls among older adults. This program is most effective with adults 60 years and older who are physically mobile with or without assistive devices. <http://public.health.oregon.gov/PreventionWellness/SafeLiving/FallPrevention/Pages/TaiChi.aspx>

**Otago:** Otago is an in-home exercise program delivered by physical therapists that incorporates a tailored balance and strength program with progressive exercise and a walking plan. The program includes a minimum of seven home visits and seven phone calls over a 12 month period. Otago program materials including the training manual and a cost effective online training portal can also be found <http://www.aheconnect.com/newahec/cdetail.asp?courseid=cgrec3>

**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 helpful for assessing and designing programs to improve mobility and balance. [www.exrx.net/Store/HK/Fallproof.html](http://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/](http://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; and educating patients, families and staff on falls/injury prevention <http://www.patientsafety.gov/SafetyTopics/fallstoolkit/index.html>

**Stay Active and Independence for Life (SAIL):** SAIL is an activity program designed to increase physical activity in older adults while addressing risks for falls. SAIL training is designed to certify exercise instructors and other professionals with exercise/fitness/recreation/health science qualifications so that they can integrate the latest evidence and research into their exercise programs for older adults. An online training program is now available as well. <http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/OlderAdultFalls/StayActiveandIndependentforLifeSAIL.aspx>



June, 2014

*Every 29 minutes, an older adult dies from a fall; every 14 seconds an older adult is treated in an ED for a fall-related injury.*

## General Aging Resources

### 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, linking those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

### Firstgov.gov for Seniors

This federal website houses wide-ranging links to support older adults and professional service providers. [www.firstgov.gov/Topics/Seniors.shtml](http://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](http://www.ncoa.org)

### National Institute on Aging

NIA, one of the 27 Institutes and Centers of NIH, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. NIA offers a variety of health related publications including their Age Pages: [www.nia.nih.gov/](http://www.nia.nih.gov/) The NIA Go4Life site has been designed to help older adults become more physically active and fit: <http://go4life.nia.nih.gov/>

**U.S. Administration on Aging:** Search by state to identify state and area agencies on aging. [http://www.aoa.gov/AoAroot/AoA\\_Programs/OAA/How\\_To\\_Find/Agencies/Agencies.aspx](http://www.aoa.gov/AoAroot/AoA_Programs/OAA/How_To_Find/Agencies/Agencies.aspx)

CDC Falls Prevention- National Center for Injury Prevention and Control (NCIPC): <http://www.cdc.gov/HomeandRecreationalSafety/Falls/index.html>

CDC STEADI: <http://www.cdc.gov/steady/>

The American Geriatrics Society Falls Guideline:

[http://www.americangeriatrics.org/health\\_care\\_professionals/clinical\\_practice/clinical\\_guidelines\\_recommendationsprevention\\_of\\_falls\\_summary\\_of\\_recommendations](http://www.americangeriatrics.org/health_care_professionals/clinical_practice/clinical_guidelines_recommendationsprevention_of_falls_summary_of_recommendations)

Hartford Institute for Geriatric Nursing:

[http://consultgerirn.org/topics/falls/want\\_to\\_know\\_more](http://consultgerirn.org/topics/falls/want_to_know_more)

NICHE resources:

<http://www.stopfalls.org/files/ProgramExpansion-HomeAssessmentTool.pdf>

US Dept. of Veterans Affairs, Falls Toolkit:

<http://www.patientsafety.va.gov/professionals/onthejob/falls.asp>

American Academy of Orthopaedic Surgeons: <http://www.orthoinfo.org/falls/>

Go4Life from the National Institute on Aging at NIH: <https://go4life.nia.nih.gov/>