

## Selected Educational Falls Prevention Resources for Older Adults and Caregivers



**National Council on Aging:** Infographics, brochures, tip sheets, videos, and other resources for older adults and caregivers.

- Infographics, Brochures, and Tip Sheets
  - [6 Steps to Prevent a Fall Infographic](#). Available in English, Spanish, and Portuguese.
  - [6 Steps to Preventing Falls Among Your Loved One](#)
  - [Osteoarthritis and Falls](#)
  - [Debunking the Myths of Older Adult Falls](#)
  - [Winterize to Prevent Falls](#)
- Videos
  - [6 Steps to Prevent a Fall Video](#). Available in English and Spanish.
  - [You Have the Power to Prevent a Fall Video](#)
  - [Making Your Home Falls Free](#)
- Other Resources
  - [Evidence-Based Falls Prevention Program Summaries](#). Find a program in your community by contacting your local [Area Agency on Aging](#), [State Falls Prevention Coalition](#), or an Administration for Community Living/Administration on Aging [Falls Prevention Grantee](#).
  - [Falls Prevention and Healthy Aging Blog](#) for Older Adults and Caregivers, including a blog post about [18 Steps to Fall Proof Your Home](#).
  - [Falls Prevention Success Stories](#)
  - [Falls Prevention Awareness Day Resources](#)

**Centers for Disease Control and Prevention Stopping Elderly Accidents, Deaths, & Injuries (STEADI) Tool Kit:** STEADI includes educational materials, including fact sheets, brochures, graphics and tools to improve falls prevention. All are [downloadable and customizable](#).

- [Family Caregivers: Protect Your Loved Ones from Falling](#).
- Check for Safety Brochure: Identify and Eliminate Falls Hazards in the Home. Available in [English](#) and [Spanish](#).
- Stay Independent Brochure. Available in [English](#) and [Spanish](#).
- What You Can Do to Prevent Falls Brochure. Available in [English](#), [Spanish](#), and [Chinese](#).
- Postural Hypertension: What It Is and How to Manage It. Available in [English](#) and [Spanish](#).

NATIONAL COUNCIL ON AGING

251 18<sup>th</sup> Street South, Suite 500 ■ Arlington, VA 22202 ■ 571-527-3900

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**Philips Lifeline:** Brochure on how to get up from a fall.

- [How to Get Up from a Fall](#)

**Go4Life:** An exercise and physical activity campaign from the National Institute on Aging at NIH designed to help you fit exercise and physical activity into your daily life. Download these [materials](#) or order free printed copies directly to your home.

- [Exercise and Physical Activity Guide](#). Available in English and Spanish
- [Exercise Guide Audiobook](#)
- [Tip sheets](#)
- [Motivational Flyers](#)
- [Success Stories](#)

**National Institute on Aging:** Age Pages and other resources.

- [Falls and Fractures](#) Age Page
- [Medicines: Use Them Safely](#) Age Page
- [Exercise and Physical Activity: Getting Fit for Life](#) Age Page
- [A Good Night's Sleep](#) Age Page
- [Talking with Your Doctor: A Guide for Older People](#)
- [NIH Senior Health](#)

**AARP:** Includes a family caregiving video series, and a guide to smart solutions for making a home comfortable, safe, and a great fit.

- [Family Caregiving Video Series Guide to Mobility](#). Available in English and Spanish.
- [Family Caregiving Video Series Guide to Medication Management](#)
- [HomeFit Guide](#)

**American Occupational Therapy Association:** Includes falls prevention, remaining in your home as you age, Alzheimer's disease, low vision, and others.

- [Tips for Older Adults](#)

**American Physical Therapy Association:** Numerous patient care and consumer education materials including two videos: One for caregivers and one on improving balance and avoiding falls, and related resources.

- [Balance and Falls](#)
- Physical Therapists Guide to Falls: [Move Forward](#)

**Eldercare Locator Preventing Falls at Home Brochure:** Offers a home safety check to help people understand what to do to help prevent falls around the home.

- [Falls at Home Brochure](#)

**Mayo Clinic**

- [Simple Tips to Prevent Falls](#)

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