

## FALL PREVENTION WEB RESOURCES

### Professional Information & Resources on Fall Prevention

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Falls Free: A National Falls Prevention Action Plan

<http://www.healthyagingprograms.org/content.asp?sectionid=98>

Center for Healthy Aging Falls Free Electronic News

[www.healthyagingprograms.org](http://www.healthyagingprograms.org)

Legislative Update: Senate Bill 1531 Keeping Seniors Safe from Falls Act of 2005

<http://www.healthyagingprograms.com/resources/S%201531%20fact%20sheet.doc>

(Companion bill in the House: H.R.5608)

National Council on Aging's Center for Healthy Aging Evidence-Based Programs, Model Programs (and toolkits), and Best Practices for Older Adults

<http://www.healthyagingprograms.org/content.asp?sectionid=8>

Center of Excellence for Fall Prevention

[www.stopfalls.org](http://www.stopfalls.org)

National Resource Center on Supportive Housing and Home Modification

[www.homemods.org](http://www.homemods.org)

CDC Tool Kit to Prevent Senior Falls: Falls in Nursing Homes

[www.cdc.gov/ncipc/factsheets/nursing.htm](http://www.cdc.gov/ncipc/factsheets/nursing.htm)

CDC Falls Prevention page

<http://www.cdc.gov/ncipc/factsheets/falls.htm>

Patient Safety and Quality Healthcare

<http://www.psqh.com/mayjun06/falls.html>

National Center for Patient Safety Falls Toolkit

[www.patientsafety.gov/SafetyTopics/fallstoolkit/index.html](http://www.patientsafety.gov/SafetyTopics/fallstoolkit/index.html)

National Guideline Clearinghouse (Search under fall prevention programs)

[www.guideline.gov](http://www.guideline.gov)

Home Safety Council: State of Home Safety's Facts about safety in the home

[http://homesafetycouncil.org/state\\_of\\_home\\_safety/sohs\\_2004\\_p017.pdf](http://homesafetycouncil.org/state_of_home_safety/sohs_2004_p017.pdf)

American Society on Aging Web Cast: Reducing the Risk of Falling

[www.asaging.org/webseminars](http://www.asaging.org/webseminars)

National Safety Council

[www.nsc.org/issues/fallstop.htm](http://www.nsc.org/issues/fallstop.htm)

British Columbia Injury Research and Prevention Unit

[www.injuryresearch.bc.ca/fallsPrevIndex.htm](http://www.injuryresearch.bc.ca/fallsPrevIndex.htm)

National Institute on Aging, AgePage: Preventing Falls and Fractures

[http://www.niapublications.org/agepages/PDFs/preventing\\_Falls\\_and\\_Fractures.pdf](http://www.niapublications.org/agepages/PDFs/preventing_Falls_and_Fractures.pdf)

California Blueprint For Falls Prevention

[http://www.archstone.org/publications2292/publications\\_show.htm?doc\\_id=246660](http://www.archstone.org/publications2292/publications_show.htm?doc_id=246660)

Queensland, Australia Statewide Action Plan: Falls Prevention in Older People 2002-2006

<http://www.health.qld.gov.au/phs/Documents/shpu/13693.pdf>

Washington State Falls Prevention web site

[www.fallsfreewashington.org](http://www.fallsfreewashington.org)

WA State Dept of Health's Office of Emergency Medical Systems and Trauma System: Injury Data

<http://www.doh.wa.gov/hsqa/emstrauma/injury.htm>

WA State Dept. of Health Report - Falls Among Older Adults: Strategies for Prevention

<http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/FallsAmongOlderAdults.pdf>

National Council on Aging's Evidence-Based Healthy Aging Programming: Tools and Checklists

<http://healthyagingprograms.org/content.asp?sectionid=32&ElementID=439>

National Council on Aging's Literature Review on Community Organizations' Roles in Health Promotion and Program Diffusion

<http://healthyagingprograms.org/content.asp?sectionid=32&ElementID=447>

### **Falls brochures and information for older adults**

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CDC's "What You Can Do To Prevent Falls" and "Home Safety Checklist"

<http://www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm>

"Getting Up From a Fall" handout from the American Academy of Orthopaedic Surgeons

<http://orthoinfo.aaos.org/category.cfm?topcategory=Injury%20Prevention>

Falls prevention best practice information: Stay Active and Independent for Life: An Information Guide for Adults 65+ (32 pg pdf)

<http://www.doh.wa.gov/hsqa/emstrauma/injury/>

Home Safety Checklist in English, Spanish, Chinese, Italian, Russian and Tagalog

[www.aging.ca.gov](http://www.aging.ca.gov)

Ladder Safety Information Sheets

[http://orthoinfo.aaos.org/fact/thr\\_report.cfm?Thread\\_ID=92&topcategory=Injury%20Prevention](http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=92&topcategory=Injury%20Prevention)

Growing Stronger: Strength Training for Older Adults—a web based strength training exercise program

[http://www.cdc.gov/nccdphp/dnpa/physical/growing\\_stronger/](http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/)

Exercise: A Guide from the National Institute on Aging

<http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide>

You Can! Administration on Aging's physical activity & healthy eating healthy aging materials & toolkit

<http://www.aoa.gov/youcan/>

### **Coalition & partnership tools**

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Prevention Institute Coalition Tools

<http://www.preventioninstitute.org/tools.html>

National Council on Aging's Partnering to Promote Healthy Aging: Creative Best Practice Community Partnerships

<http://www.healthyagingprograms.org/content.asp?sectionid=92&ElementID=160>

Health care & public health partnerships

<http://repositories.cdlib.org/cgi/viewcontent.cgi?article=1003&context=iha>

Community Toolbox for Public Health Partnerships

[http://ctb.ku.edu/WST/initiatives\\_show.jsp?initiative\\_id=44](http://ctb.ku.edu/WST/initiatives_show.jsp?initiative_id=44)

Partnership self-assessment tool

<http://www.cacsh.org/psat.html>

