Selected Educational Resources for Older Adults and Caregivers About Falls Prevention and Other Related Topics

**National Council on Aging:** Videos, infographics, brochures, and other resources for older adults and caregivers.
- 6 Steps to Prevent a Fall Video
- 6 Steps to Prevent a Fall Infographic
- 6 Steps to Preventing Falls Among Your Loved One
- Osteoarthritis and Falls
- Debunking the Myths of Older Adult Falls
- Winterize to Prevent Falls
- Falls Prevention Success Stories

**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.
- STEADI Materials for Older Adult Patients

**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
- Go4Life - an exercise and physical activity campaign

**AARP:** Smart solutions for making a home comfortable, safe, and a great fit.
- 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

Medscape:
  - Questions to Ask Older Adults to Prevent Falls