

Programs that help to prevent falls in older adults and individuals with disabilities.

Article

## **Talk to Your Doctor: 6 Tips to Help Inform Your Conversation About Falls**

Explore tips to help you talk with your doctor about falls and falls prevention.

Source

[National Council on Aging](#)

Links

## **Stay Independent: CDC Fall Prevention Checklist**

Source

[Stay Independent: CDC Fall Prevention Checklist](#)

Links

## **National Council on Aging (NCOA): Falls Prevention**

Source

[National Council on Aging \(NCOA\): Falls Prevention](#)

Apps

## **Nymbal Balance Training**

The Nymbal Balance Training app combines mobile technology with advanced medical science to address one of the most significant global health care challenge of today: decreasing balance and increasing falls in an aging population.

Source

[Nymbal Balance Training](#)

Books & Guides

## **Get Fit for Life: Exercise and Physical Activity for Healthy Aging**

[Get Fit for Life: Exercise and Physical Activity for Healthy Aging](#) can help you learn about the many types and benefits of exercise and physical activity and find out how to get started.

Source

[National Institute on Aging](#)

Books & Guides

## **Falls Prevention Conversation Guide for Caregivers**

This conversation guide for caregivers provides helpful information on how to reduce your loved one's risk of falling.

Source

[National Alliance for Caregiving](#)

Links

## **National Safety Council (NSC): Fall Safety**

Source

[National Safety Council \(NSC\): Fall Safety](#)

Article

## **Preventing Falls: Conversation starters**

Use these tips to talk to your loved one about preventing falls.

Source

[Office of Disease Prevention and Health Promotion](#)

Article

## **Fall-Proofing Your Home**

There are many changes you can make to your home that will help you avoid falls and ensure your safety.

Source

[National Institute on Aging](#)

Article

## **Prevent Falls & Fractures**

Fall prevention is important to stay safe, prevent injuries and maintain mobility.

Source

[National Institute on Aging](#)

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