

# **Falls Prevention Conversation Guide for Caregivers**

The National Alliance for Caregiving and the National Council on Aging – National Falls Prevention Resource Center partnered to develop the [Falls Prevention Conversation Guide for Caregivers](#) to assist caregivers. For many older adults, an unexpected fall can result in a serious and costly injury. Caregivers have an important role in talking with their loved one about falls and reducing their risk of falling.

This conversation guide has many purposes. Use it if you or the person you are caring for has had a fall, is experiencing decreased mobility, is unsteady on their feet, or is fearful of falling. When needed, use it to talk with other members of your family or health care professionals about creating a falls prevention action plan. Many people think falling is common as we age. The truth is, older adults can improve balance and strength. Taking action to address the risk of falling is an important way to stay healthy and independent as long as possible.