

Balance and Fall Prevention

Falling can result in injuries that impact your mobility and ability to perform every day tasks. Take a moment to explore helpful balance and fall prevention programs and services, articles, and related resources.

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Links

SPIRIT Club: Fitness for All

Source

[SPIRIT Club: Fitness for All](#)

Links

CDC: Older Adult Falls

Source

[CDC: Older Adult Falls](#)

Links

National Council on Aging (NCOA): Falls Prevention

Source

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

Article

How to Create a Specific Exercise Program for Athletes with Disabilities

The National Center on Health, Physical Activity and Disability(NCHPAD) provides guidance on how to develop an exercise program for athletes with disabilities.

Source

[National Center on Health, Physical Activity and Disability](#)

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

Preventing Falls at Home: Room by Room

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

How to Prevent Falls [Aging Well with a Physical Disability Factsheet Series]

Older adults with a physical disability are at greater risk of falling than older adults without a physical disability.

Source

[University of Washington's Healthy Aging Rehabilitation Research and Training Center](#)

Links

Sheltering Arms Physical Rehabilitation and Therapy

Source

[Sheltering Arms Physical Rehabilitation and Therapy](#)

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