

Steps to Better Balance and Falls Prevention

Senior Planet Wellness Wednesday, September 13, 2023

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Here is a compilation of resources I addressed in my presentation:

National Council on Aging – 18 Steps to Fall Proofing Your Home

<https://www.ncoa.org/article/18-steps-to-fall-proofing-your-home>

Best Medical Alert Systems – Consumer Reports

<https://www.consumerreports.org/health/medical-alert-systems/best-medical-alert-systems-a1136054281/>

Be Car Ready Feet Steady

www.health.ny.gov/publications/6514.pdf

Stay Independent: Learn More About Fall Prevention (Check Your Risk for Falling)

www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf

***Keep On Your Feet – Preventing Older Adult Falls**
(statistics, What You Can Do, other resources)

<https://www.cdc.gov/injury/features/older-adult-falls/index.html>

AARP Home Safety Checklist

<https://www.aarp.org/home-family/your-home/info-2021/aging-in-place-checklist.html>

AARP HomeFit Guide

<https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>

Certified Aging in Place Specialist

<https://www.aarp.org/livable-communities/info-2014/using-an-OT-or-CAPS.html>

Home Safety Tips and Tools (Download the guide for individuals)

<https://createthegood.aarp.org/volunteer-guides/home-safety-tips-tools.html>

Nordic Walking Resources:

<https://www.health.harvard.edu/exercise-and-fitness/fitness-trend-nordic-walking>

<https://www.healthline.com/health/fitness/nordic-walking>

<https://ava.org/>

The Health Benefits of Tai Chi

<https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>

Senior Planet – Easy-to-Follow Tai Chi

Mondays & Wednesdays, 2:00 – 2:45pm ET (Josy)

<https://seniorplanet.org/event/easy-to-follow-tai-chi-2/2023-06-07/>

Book recommendation: *Better Balance for Life – Banish the Fear of Falling with Simple Activities Added to Your Everyday Routine*, by Carol Clements