

Balance and Fall Prevention

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](#)

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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