



Fall Prevention Website Updates

<http://www.sandiegofallprevention.org/>

QUICK LINKS

[Steps to Prevent Falls](#)

[San Diego Fall Prevention Task Force](#)

[Resources and Links](#)

[Fall Prevention On-line Resource Guide](#)

[Information for providers](#)

[Information for older adults](#)

[Videos](#)

[State Resources](#)

[National Resources](#)



North County Chapter: 3rd Tuesday of each month, from 1:00 - 2:30
Tri-City Wellness Center
6250 El Camino Real, Carlsbad, CA 92009
(Conference room is just off the main foyer near the café.)

The Fall Prevention Task Force also hosts a Speaker's Bureau that provides 30-60 minute presentations for groups titled *Fall Prevention For Seniors*.

If you would like to join the Fall Prevention Task Force email distribution list **contact** or request a presentation from the Fall Prevention Speakers Bureau please contact Katie Zahm at Katie.Zahm@SDCounty.CA.Gov

Resources and Links:

[Fall Prevention On-line Resource Guide](#) Click on this link to view the Fall Prevention Resource Guide to *San Diego* community agencies that provide fall prevention services, such as exercise programs, home safety modification, home health services and more.

Fall Prevention Toolkit – created by the San Diego Fall Prevention Task Force:

[Introduction: What you can do in your practice](#)

Information for providers:

[Fall Prevention in San Diego](#) – an article by Eric McDonald, MD, FACPD and Kimberly Bell, DPT, MPT that includes ACC guidelines

If you would like to join the Fall Prevention Task Force email distribution list **contact** or request a presentation from the Fall Prevention Speakers Bureau please contact Katie Zahm at Katie.Zahm@SDCounty.CA.Gov

Resources and Links:

[Fall Prevention On-line Resource Guide](#) Click on this link to view the Fall Prevention Resource Guide to *San Diego* community agencies that provide fall prevention services, such as exercise programs, home safety modification, home health services and more.

Fall Prevention Toolkit – created by the San Diego Fall Prevention Task Force:

[Introduction: What you can do in your practice](#)

Information for providers:

[Fall Prevention in San Diego](#) – an article by Eric McDonald, MD, FACEP and Kimberly Bell, DPT, MPT that includes AGS guidelines.

[Profile of California Falls](#) – prevalence data and importance of falls as a public health concern.

[Medications and falls in the elderly](#) – an article describing adverse drug effects which increase fall risk.

[The "Get Up and Go Test"](#) – a proven assessment tool for clinicians from the American Geriatrics Society

[Drug-related falls in older patients:](#) implicated drugs, co



Information for older adults:

[Catch Yourself: Simple Steps to Prevent Falls](#) – an overview of fall prevention interventions.

[Home Modifications](#) – a list of safety steps for inside the home.

[Preventing Outdoor Falls](#) – a list of steps to take in the local community.

[Exercise Guide:](#) A guide developed by the Fall Prevention Center of Excellence with support from the national Fall Proof Program.

...

All links except the one arrowed, open in the same tab. Please have all links open to a new tab to keep people on the main page.

Hyperlink the Title with this link:

<https://www.ncoa.org/resources/video-6-steps-to-prevent-a-fall/>



Videos

["6 Steps to Prevent a Fall" \(1 minute 40 seconds\)](#)

This short animated video provides 6 easy steps everyone can take to prevent a fall.

["Don't Fall for It" \(10 Minutes\)](#)

the short version provides a brief overview of the problem, common

Videos

"6 Steps to Prevent a Fall" (1 minute 40 seconds)

This short animated video provides 6 easy steps everyone can take to prevent a fall.

["Don't Fall for It"](#) (10 Minutes)

the short version provides a brief overview of the problem, common risk factors and simple steps anyone can take to lower their risk of falling.

["Don't Fall for It"](#) (28 Minutes)

the long version describes the above information in more detail and highlights the personal stories of three elderly individuals.

[Spanish version of "Don't Fall for It"](#) (14 Minutes)

this version provides an overview of the problem, common risk factors and simple steps anyone can take to lower their risk of falling.

[Fall Prevention for Clinicians](#)

This video shows how you can incorporate fall prevention in your practice.

State Resource:

[Senior Falls Report, County of San Diego 2012](#) – local data on falls and fall-related injuries, hospitalizations and deaths.

[Stop Falls California](#)- information to reflect a California state wide effort to reduce falls

National resources:

Please have videos open in a new tab too!

National resources:

[Center for Disease Control and Prevention STEDI: Stopping Elderly Accidents, Deaths and Injuries](#)

[Fall Prevention Center of Excellence](#)

[Evidence-Based Fall Prevention Programs](#)

[Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging](#): Includes exercises, free books in English and Spanish and audio books.

[National Council on Aging](#)

[National Institutes of Health - National Library of Medicine](#)

[Vial of Life](#) - Vials of Life consists of a magnetic plastic holder that contains a form with your specific health information. Please keep the Vial of Life on your refrigerator and in case of emergency, paramedics will be able to refer to the Vial of Life and save precious time. To request the Vial of Life magnetic plastic holder, please call 1-800-368-2020. Make sure to keep your health information updated and accurate. The form can be downloaded by clicking on this link, so you may print out a new form at any time.

Although resources in this section have been selectively chosen, it is a work in progress and we recognize that not all available resources are included. Please contact Katie.Zahm@sdcounty.ca.gov with comments, questions or suggestions for additional resources to help make this site as comprehensive and user-friendly as possible.



**Exercise & Physical Activity:
Your Everyday Guide from the National Institute
on Aging: Includes exercises, free books
in English and Spanish and audio books**

Please update link to:

<https://go4life.nia.nih.gov/exercise-guide>

Please open in a new tab!

