

Minnesota Falls Prevention Website

The MN Falls Prevention website contains tips and suggestions to prevent falls among adults. The website also includes fall prevention resources for any professional that works with adults, including information on risk factors and interventions.

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

Minnesota Falls Prevention Listserv

This Listserv is a vehicle for sharing the latest literature on fall prevention, resources, and funding opportunities. To subscribe (or unsubscribe) to the listserv, please visit:

<http://mailman.stpaul.visi.com/mailman/listinfo/fallsprevention>

To post to the listserv, send your message to: fallsprevention@mailman.stpaul.visi.com

Falls Free Newsletter

This electronic newsletter features updates from the National Falls Free Coalition.

<http://www.healthyagingprograms.org/content.asp?sectionid=69&ElementID=498>

Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults

Free guide is available at: <http://www.cdc.gov/ncipc/preventingfalls/>

Physical Activity Guidelines for Americans Toolkit

Free toolkit provides resources to encourage people in your community to get the amount of physical activity they need. <http://www.health.gov/PAGuidelines/toolkit.aspx>

Join the Home Safety Council Expert Network and Receive a FREE Welcome Kit

New members receive a package of free home injury prevention education materials.

http://www.homesafetycouncil.org/expert_network/expertnetwork.aspx

Stop Falls Website

This website provides resources for fall prevention coalitions and fall prevention communication strategies. http://www.stopfalls.org/grantees_info/index.shtml and

http://www.stopfalls.org/social_marketing/index.shtml

Evidence-Based Health Promotion Online Training Modules

The Center for Healthy Aging has developed three training modules: Introduction to Health Promotion Programs for Older Adults, Making Effective Presentations and Advanced Tools.

<http://www.healthyagingprograms.org/content.asp?sectionid=156>

Videos on Fall Prevention

Anyone Can Fall available at: <http://www.echominnesota.org/index.cfm/p/tvPrevious>

The Good News About Fall Prevention available at:

<http://www.spu.edu/depts/health-sciences/undergrad/videos/fall-prevention/>

Don't Fall For It available at:

http://coastline.ma.networkofcare.org/aging/library/fall_prevention.cfm

NIHSeniorHealth.gov Videos - Falls and Older Adults available at:

<http://nihseniorhealth.gov/videolist.html#falls>